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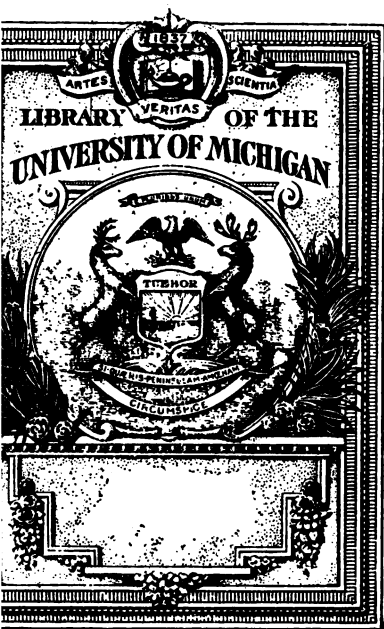
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AMERICAN FAMILY KEEPSAKE.



Boston: Published at 60 $\frac{1}{2}$  Cornhill. 1849.



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# FAMILY KEEPSAKE:

OR

PEOPLE'S PRACTICAL CYCLOPÆDIA.

A TRUTHFUL BOOK OF

FACTS AND HINTS UPON USEFUL SUBJECTS:

EXPRESSLY ADAPTED TO MEET THE WANTS OF

EVERY MAN, WOMAN AND CHILD IN THE  
UNITED STATES.

BY

THE GOOD SAMARITAN.

---

Entered according to Act of Congress, in the year 1847, by  
H. B. SKINNER AND J. B. HALL,  
In the Clerk's Office of the District Court of Massachusetts.

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# DOCTOR AT HOME.

## PART I.

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WE shall not attempt a description of the nature or symptoms of disease, but proceed upon the supposition that the character of the disease is understood by the patient. After naming the disease, we shall prescribe a few simple but well-tried remedies. In all cases of danger, or doubt, send at once for a good physician.

---

### ASTHMA.

1. Syrup of squills, in small doses, is the most simple remedy.

2. Or the tincture of ipecac., or lobelia, may be given at intervals, till it produces nausea without vomiting.

3. Skunk cabbage root, taken in the form of a syrup, or dried and smoked through a pipe, will give relief.

4. Burn a piece of brown paper, as big as your two hands, that has been wet in strong saltpetre water, in your room on going to bed — it will give great relief.

---

### POOR APPETITE.

1. Take a tonic bitter made as follows: — Six parts bayberry root, one part wormwood, one part tansy; boil out the strength, and sweeten to your taste. Dose, half wine-glass three or four times a day.

2. Or steep 1 oz. quassia, 2 oz. thoroughwort, in pint and a half of water; when cool, strain, and add half pint good port wine. Dose, half wine-glass three times a day.

---

### BLEEDING AT THE NOSE.

1. Soak the feet in warm water; put lint up the nose, wet with hot drops; and keep the temples wet with cold water.

2. Or, pour cold water up the back of the neck, and put a ball of rag up the nostril, dipped in equal parts of white of egg, sugar, and burnt alum.

## BLEEDING AT THE LUNGS.

1. Eat freely of raw table-salt.
2. Or, take a tea-spoonful, three or four times a day, of equal parts of powdered loaf sugar and rosin.
3. Or, boil an ounce of dried yellow dock root in a pint of milk. Take a cupful two or three times a day.

---

## BILES.

1. Apply a poultice of warm bread and milk.
2. Or, a poultice of rye meal, with the addition of a tea-spoonful of paregoric.

---

## BRUISES.

1. Apply a warm poultice of bruised wormwood and rum, or vinegar.
2. Or, bathe frequently with hot drops.

---

## CANCER.

1. Take yolk of an egg, with as much fine salt as it will absorb; stir it to a salve, and apply a plaster of it, spread upon silk, twice a day.
2. Or, bathe the cancer three or four times a day with a solution of brandy and salt.

---

## CATARRH.

1. Take freely the catarrh snuff.
2. Or, for the cough, take tincture of lobelia in small doses.
3. Or, use the composition powders and elixir, with a warm bath.

---

## CONSUMPTION.

1. But little can be done by medicine. Bring the blood to the surface by frequent washing and rubbing, or the warm bath.
2. Take a small quantity of the expressed juice of hoarhound, (the herb,) and mix it with half pint of new milk; drink it warm every morning;—if persevered in, it will perform wonders.
3. Or, a strictly sober life, regular, active exercise, and a cheerful and contented mind are the most certain means to effect a cure.

## COLDS AND COUGH.

1. Drink freely of life-everlasting tea — it is excellent.
2. Or, take 5 oz. honey, 4 oz. molasses, and 7 oz. vinegar; mix, and simmer over the fire fifteen minutes; then add two drachms of wine of ipecac. Dose, table-spoonful every four hours.
3. Or, pour a half cup of molasses over a hot boiled turnip. let it stand fifteen minutes, turn off the syrup and squeeze the turnip. To be taken warm on going to bed.

## WHOOPING COUGH.

1. Take a tea-spoonful of castor oil, to a table-spoonful of molasses. Dose, give a tea-spoonful whenever the cough is troublesome.
2. Or, take frequently slight emetics of wine of ipecac. or tincture of lobelia. Keep the bowels open.

## CROUP.

1. Cut onions into thin slices; between and over them put brown sugar, and let it dissolve. A tea-spoonful of the syrup will produce instant relief.
2. Or, take goose grease, rubbing the throat with it at the same time, till it produces vomiting

## CRAMP IN THE STOMACH

1. Take freely of composition powder, or hot drops.
2. If the pain is severe, give sixty drops of paregoric.
3. Or, tea-spoonful of essence of peppermint.
4. Or, half glass raw brandy, with ten drops of laudanum.

## COLIC.

Use the same remedies as in case of cramp.

## CHOLERA MORBUS.

1. Apply flannel cloths, wrung out in hot water or spirits, over the whole surface of the stomach. Give freely the composition powder and hot drops, so as to produce a copious sweat.
2. If the pain is very severe, use any of the remedies prescribed for the cramp.

## COSTIVENESS.

1. Use wheat and rye, or rye and Indian bread.
  2. Or, golden seal infused in wine, and taken as a bitter
  3. Or, take a little rhubarb every day.
- 

## CORN S.

1. Dissolve two cents' worth of caustic potash in one ounce of water, and wet the corn every night.
  2. Or, take equal parts of roasted onions and soft soap; beat well, and apply the mixture hot on going to bed.
- 

## CANKER

1. Take a tea made of low blackberry leaves, or raspberry.
  2. Or, burnt alum held in the mouth is very good.
- 

## CHILBLAINS.

1. Common copal varnish is an efficacious remedy.
  2. Or, use pig's foot oil, which will effect an immediate cure.
- 

## DROPSY.

1. Take two handfuls of inner bark of elder, steep it in two quarts of white wine for twenty-four hours. Dose, a gill every morning, fasting.
  2. Or, take cream of tartar, dissolved in water, every day.
  3. Or, take juniper ashes, with molasses and gin. This will carry off the water, and effect a cure.
  4. Or, take quarter pound dried milkweed, cut small; pour to it a quart boiling water, and simmer to a pint; when cool, add pint Holland gin; cork tight, and let it stand twelve hours. Dose, half wine-glass every three hours.
- 

## DYSENTERY.

1. Take one or two doses of rhubarb, and regulate the bowels by a suitable diet.
2. Or, take a dose of castor-oil, apply a mustard poultice to the bowels, and bathe the stomach and bowels frequently with hot drops.

## DIARRHŒA.

1. Parch half a pint of rice perfectly brown; then boil it as usual, and eat it slowly, — it will check it in a few hours.

2. Or, take table-spoonful of W. I. rum, table-spoonful of sugar molasses, and same of sweet oil, well simmered together. An excellent remedy.

---

## DYSPEPSIA.

1. Beef bones, burnt and reduced to powder. Take a tea-spoonful three times a day, mixed with molasses. This is highly recommended.

2. Or, fill a decanter half full of wild cherries, then fill it up with best old Jamaica spirits. Take half wine-glass twice a day. Use no sugar. This has cured many.

---

## EAR-ACHE.

1. Apply to the ear cotton wool, wet with sweet oil and paregoric.

2. Or, put into the ear the heart of a roasted onion.

3. In case of an abscess, use poultices of bread and milk, or of roasted onions. Renew them till the abscess breaks.

---

## ERYSIPELAS.

1. Apply platts of raw cotton.

2. Or, take half an ounce of cream of tartar to a quart of cold water. Dose, half wine-glassful every two hours, day after day. Keep the bowels open with Epsom salts.

---

## FAINTING.

First loosen the patient's clothes, and let him have fresh air sprinkle the face with cold water; apply a smelling bottle to the nose and rub the body with hot drops.

---

## FELON, OR WHITLOW.

1. Soak the finger in a strong, warm lye, of ashes, for half an hour at a time frequently.

2. Or, make use of poultices in connection with weak lye.

## FLATULENCY.

1. Take a tea made of the seeds of *anise*, *caraway*, and *coriander*.
2. Or, take the essence of peppermint, with a few drops of paregoric.

---

## GOUT.

1. Use the composition and pennyroyal freely.
2. Keep the leg and foot lightly bandaged, covered with soft wool, wet in sweet oil.

---

## GRAVEL.

1. Drink lime-water frequently. Dose, one gill Very good.
2. Or, drink warm gum arabic tea, or strong coffee without sugar. Keep the bowels open.
3. Or, take handful smartweed, make a tea of it, and add one gill Holland gin. Take it all in twelve hours. One of the best of remedies.

---

## HEAD-ACHE.

1. Drink freely of strong thoroughwort tea — very efficient.
2. Or, open the bowels by a dose or two of physic.
3. Or, if the stomach be foul, take an emetic.

---

## HICCOUGHS.

1. Take a long draught of cold water, or a few swallows of vinegar.
2. Or, take thirty or forty drops of paregoric, and apply hops and wormwood, simmered in vinegar, to the stomach.

---

## HEARTBURN.

1. Take a tea-spoonful of carbonate of soda, dissolved in a half tumbler of sweetened water.
2. Or, take a dose of composition powders.

---

## INDIGESTION.

1. Eat bread made of unbolted wheat; make daily use of the cold bath and flesh-brush; and exercise freely in the fresh air.

## ITCH.

1. Make use of sulphur — it is an old, but effectual remedy.
2. Or, take half pound fresh butter, and tea-cupful of vinegar; simmer till it evaporates; add one nutmeg grated, a tablespoonful of ground allspice; let it cool to the thickness of cream, and add one tea-spoonful of sulphur. Anoint three days in succession, and it will effect an entire cure. It will need no change of garments.

## JAUNDICE.

1. Take an emetic to cleanse the stomach, then use a bitter to regulate the bile and restore the digestive powers.
2. A long journey often effects a permanent cure.

## INFLAMMATION OF THE KIDNEYS.

1. Rub the small of the back with sweet oil, and drink freely of balm tea.
2. Or, apply cloths wrung out in hot vinegar; bring down the inflammation by leeches.

## LIVER COMPLAINT.

1. Make free use of composition powder, and wear a plaster on the side constantly.
2. Or, take a strong infusion of Virginia snake-root three times a day.

## LOCKJAW

1. When the lockjaw is apprehended from any scratch or wound, bathe the part freely with lye, or pearlash and water.
2. Or, bind a rind of pork on the wound.
3. Or, use a batter made of strong soft soap, mixed with pulverized chalk.

## NIGHT SWEATS.

1. Drink freely of cold sage — said to be a certain remedy.
  2. Or, take elixir of vitriol in a little sweetened water.
- Dose from twenty to thirty drops.

## PALPITATION OF THE HEART.

- .. Take from ten to fifteen drops, three times a day of the uncture of stramonium.

2. Or, take the tincture of gum guaiacum. Dose, a tea-spoonful twice a day, in a little milk.

---

### P A L S Y .

1. Keep the bowels open, and encourage perspiration by the use of hot medicine.

2. Or, apply mustard poultices to the feet, and rub the part affected briskly with a flannel dipped in hot drops.

---

### P I L E S .

1. Make constant use of a syringe, with warm water and molasses; it will certainly effect a cure if persevered in.

2. For an ointment, make use of lard, sulphur, and cream of tartar, simmered together.

---

### P L E U R I S Y .

1. Take a tea-spoonful of pleurisy-root in powder, or a gill of the decoction, or infusion, several times a day; this is nearly a specific.

2. A full course of Thomsonian medicine, and bathing the side with hot drops, will effect a speedy cure.

---

### S A L T - R H E U M .

1. Use a wash made of one pound of plantain leaves, boiled in two quarts of beef brine and one quart of urine — boil one hour.

2. Cleanse the blood by a syrup made of elder bark, yellow dock root, sassafras and sarsaparilla.

---

### R H E U M A T I S M .

1. To a handful of blue flag root add a pint of good spirits; let it stand a week. Dose, a spoonful three times a day, and increase by degrees to three table-spoonfuls a day. An Indian remedy.

2. Or, apply a poultice of hot potatoes — renew as often as it becomes cool or hard. Said to be a very excellent remedy.

---

### R I N G W O R M .

1. Strong tobacco juice, used as a wash, is an infallible remedy.



2. The common mushroom caterp, rubbed up on the affected part, was never known to fail of effecting a cure.

---

### SCROFULA.

1. A mixture of part brandy and one part salt, applied externally, is good; take also two table-spoonfuls of same morning and evening.

2. Or, bathe the swellings with a strong decoction of hem lock.

3. Or, bathe daily in sea-water, and take small drinks of the same.

---

### SPRAINS.

1. Apply a poultice of wheat bran, or rye bran and vinegar

2. Or, bind on bruised wormwood, wet with hot drops.

---

### SCALDS AND BURNS.

1. Bathe the burn often with strong green tea.

2. Or, apply cotton wool to the part, wet with sweet oil

3. Lard and soot makes a very good ointment for burns. .  
Keep the bowels open.

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### SCURVY.

1. Eat freely of vegetables and fresh meat, and gargle the throat often with cayenne pepper and vinegar.

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### SICKNESS AT STOMACH.

Drink peppermint tea, or hot drops.

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### SORE THROAT OR MOUTH.

1. Gargle the throat with a solution of one tea-spoonful of cayenne, two tea-spoonfuls fine salt, and a cup of water.

2. Or, take draught of pepper-sauce.

3. Or, chew white pond-lily root.

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### STRANGURY.

This may generally be relieved by using a tea-spoonful of powdered gum arabic, in half a tumbler full of any mild drink

## TOOTH-ACHE.

1. Alum reduced to powder, two drachms; nitrous spirits of ether, seven drachms; mix, and apply a little to the tooth. This is a certain cure.

2. Or, put into the tooth a pill made of camphor and opium.

## TUMORS.

1. Apply a poultice made of slippery elm and Indian meal equal parts; mix with weak lye, and a little salt added.

## ULCERS.

1. Apply a poultice made of cracker, wet with new rum. This is the most effectual of any poultice whatever, for *old ulcers* or putrid sores.

## WOUNDS AND CUTS.

1. Do up a fresh cut in the blood; keep it wet with hot drops, and it will soon get well.

## WARTS.

Apply caustic, or wash the wart with milk-weed.

## WEAK NERVES.

Drink freely of scullcap tea. It is the very best and safest of remedies.

## A LIST OF SIMPLES,

AND OF SUCH MEDICINAL PREPARATIONS AS EVERY FAMILY OUGHT TO KEEP ON HAND, READY FOR PRIVATE USE.

SENNA, — Dose, a table-spoonful of the leaves steeped, for a child.

HOT DROPS, — Dose, a tea-spoonful for a child.

SWEET TINCTURE OF RHUBARB, — Dose, a table-spoonful for a child.

PENNYROYAL, — For colds.

RED RASPBERRY LEAVES, — For canker, dysentery, &c.

WHITE LILY ROOT, — For canker, &c.

SLIPPERY ELM, — For poultices and for a drink.

MULLEIN LEAVES, — For poultices and fomentations

**WINE IPECAC.**, — Dose, to act as an emetic, fifteen drops, repeated every fifteen minutes till it operates; for an adult, a tea-spoonful repeated as above.

**SWEET OIL.**

**SYRUP SQUILLS**, — Dose, for child, half tea-spoonful.

**AVENS ROOT**, — An astringent and tonic.

**CASTOR-OIL**, — Dose, for an adult, a table-spoonful; for a child, tea-spoonful.

**CAMPHOR**, — Dose, a tea-spoonful.

**COMPOSITION**, — Dose, a tea-spoonful.

**CRANESBILL**, — For canker.

**PAREGORIC**, — Dose for a child, five to twenty drops

**LOBELIA, OR BLOOD ROOT TINCTURE**, — Dose, a tea-spoonful for a child.

**WORMWOOD**, — For bruises and worms.

**SAGE.**

**THOROUGHWORT.**

**VALERIAN.**

**CATNIP.**

**BURDOCK LEAVES.**

**SPEARMINT.**

**HOARHOUND.**

**HORSE-RADISH LEAVES.**

**YARROW.**

The doses of medicine recommended for an adult may be varied to the age of the patient, according to the following rule: Two thirds of the dose for a person from fourteen to sixteen, one half, from seven to ten; one third, from four to six; one fourth, to one of three years old; and one eighth, to one of a year old.

In the recipes, or prescriptions, where it is not convenient to obtain all the articles specified, others of the same nature may be substituted.

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## LIQUID MEASURE.

A Pint	contains	Sixteen Ounces.
A Tea-cup	"	A Gill.
A Wine-glass	"	Two Ounces.
A Table-spoonful	"	Half an Ounce.
A Tea-spoonful	"	Sixty Drops.
Four Tea-spoonfuls are equal to one Table-spoonful		

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## DRY MEASURE.

A Table-spoonful	contains	Four Drachms, or Half an Ounce.
A Tea-spoon	"	One Drachm.
A Tea-spoon	"	Sixty Grains

## SIGNS USED BY PHYSICIANS IN WRITING THEIR RECIPES.

<b>℔</b> denotes a pound.	<b>ij.</b> , two of anything.
<b>℥</b> , an ounce.	<b>ijj.</b> , three of anything.
<b>ʒ</b> , a drachm.	<b>iv.</b> , four of anything.
<b>ʒ</b> , a scruple.	<b>x.</b> , ten of anything.
<b>gr.</b> a grain.	<b>xij.</b> , twelve of anything.
<b>R</b> , recipe.	<b>f.</b> prefixed to <i>dr.</i> or <i>oz.</i> , denotes
<b>ana</b> , of each alike.	fluid drachm, or ounces.
<b>Coch.</b> , a spoonful.	<b>gtt.</b> , a drop.
<b>P. Æ.</b> , equal quantities.	<b>℥. iv. v.</b> , a cupful.
<b>ss.</b> , half of anything.	<b>℥ iss. to ℥ ij.</b> , a wine-glassful.
<b>iss.</b> , one and a half of anything.	<b>f. ℥ ss.</b> , a table-spoonful.
<b>q. s.</b> , sufficient quantity.	<b>f. ℥ ijj.</b> , a dessert-spoonful
<b>q. pl.</b> , much as you please.	<b>f. ℥ j.</b> , a tea-spoonful.—
<b>O.</b> , a pint.	<i>Pugillas</i> , as much as can be
<b>M.</b> , 60th part of fluid drachm.	held between the thumb
<b>j.</b> , one of anything.	and finger.

## MEDICAL DICTIONARY OF TERMS.

**ACRID**, caustic, biting.  
**ALTERATIVE**, establishing healthy functions  
**ANODYNE**, easing pain, quieting.  
**ANTI-BILIOUS**, correcting the bile.  
**ANTI-LITHIC**, preventing the formation of gravel or stone.  
**ANTI-SCORBUTIC**, good against scurvy.  
**ANTI-SEPTIC**, preventing mortification  
**ANTI-SPASMODIC**, relieving spasms.  
**APERIENT**, opening, mildly laxative.  
**AROMATIC**, spicy, fragrant.  
**ASTRINGENT**, binding, contracting the fibres.  
**BALSAMIC**, mild, healing.  
**CARMINATIVE**, expelling wind.  
**CATHARTIC**, purgative, cleansing the bowels.  
**DEMULCENT**, mollifying, lubricating.  
**DEOBRUENT**, resolving viscosity, correcting the secretions.  
**DIAPHORETIC**, producing insensible perspiration.  
**DISCUTIENT**, dissolving, discussing.  
**DIURETIC**, increasing the discharge of urine.  
**EMETIC**, causing vomiting.  
**EMOLLIENT**, softening.  
**EPISPASTIC**, blistering.  
**ERRHINE**, producing discharge at the nostrils

**EXPECTORANT**, producing expectoration.

**HERPETIC**, curing diseases of the skin.

**NARCOTIC**, producing stupor, causing sleep.

**NERVINE**, strengthening the nerves.

**PECTORAL**, relieving diseases of the chest and lungs.

**REFRIGERANT**, cooling.

**RUBEFACIENT**, producing heat and redness of the skin.

**STIMULANT**, exciting action.

**STOMACHIC**, producing action of the stomach.

**STYPTIC**, preventing bleeding.

**SUDORIFIC**, causing sweat.

**TONIC**, strengthening.

**VERMIFUGE**, expelling or destroying worms.

## MISCELLANEOUS DEPARTMENT OF HEALTH, MEDICAL HINTS, &c

### PART II.

#### POULTICES.

A good poultice may be made of crumbs of bread boiled with milk, or sweet oil, or spring water.

Brown sugar and soap make a good poultice, or salve, for a boil.

Four ounces of white lily roots, a pound of figs, and four ounces of meal or bean flour, boiled together with as much water as will cover them, make an excellent poultice for swellings and suppurating sores.

A good poultice for ordinary occasions may be made of bread boiled in milk.

For cancers and running sores, a grated carrot, boiled quite soft, makes a good poultice.

Salad leaves well boiled, make a poultice that relieves acute pain.

A poultice of flax-seed, or camomile flowers boiled with the tops of wormwood, make an excellent poultice for inflammations.

A *sinapism*, or stimulating poultice, is made by using vinegar

instead of water, and the addition of garlic, mustard, horse radish, &c., to crumbs of bread, or to flour.

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### CASTOR-OIL MADE PALATABLE.

Boil castor-oil with twice its quantity of milk, and sweeten it with sugar. Let it cool. Children will not refuse it.

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### TO MAKE LEECHES TAKE HOLD

To make leeches take hold on the spot required, take a piece of white paper, cut small holes in it where you wish them to bite, lay this over the place, and put the leeches on the paper. Not liking the paper, they will take hold of the skin where it appears through the hole.

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### THE TONGUE.

A white fur on the tongue attends simple fever and inflammation. Yellowness of the tongue attends a derangement of the liver, and is common to bilious and typhus fevers. A tongue vividly red on the tip and edges, or down the centre, or over the whole surface, attends inflammation of the mucous membrane of the stomach or bowels. A white velvety tongue attends mental disease. A tongue red at the lips, becoming brown, dry and glazed, attends typhus state.

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### SEA-SICKNESS.

Make some green tea, strong, with just as much sugar in it as will make it palatable, and bottle it up. When sickness begins to come on, take a cup full; and if that does not prevent the vomiting, let the stomach be completely emptied; take the same quantity, more or less, as the stomach is able to receive it; repeat it two or three times, and a restoration will take place.

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### SECURITY AGAINST LIGHTNING.

Silk is the most useful covering for the body; lightning cannot pass through a dry silk handkerchief, so decidedly a non-conductor is it. Hence, if worn next the skin, the air cannot absorb the electricity of the human body. Damp air is a conductor of electricity — dry air is a non-conductor; hence, a dry place is the safest retreat.

## IMPORTANCE OF WELL VENTILATED APARTMENTS.

A man consumes or spoils more than one gallon of air in one minute ; consequently, all closely-confined places must be very unwholesome. Candles and lamps become dim in public assemblies, and this is an indication of the impurity of the air. The perspiration from animal bodies is exceedingly injurious in a confined space. Every room ought to be completely purified, by the opening of the door and windows at least once in the day. A close bed-room is also extremely unwholesome, neither ought the bed to be surrounded with curtains.

The fire-place should never be stopped up by chimney-boards but in damp and very cold weather a fire is essential to health, care being taken that the room is not over-heated. Many dangerous colds are caught by those whose lungs are delicate, by changing the atmosphere of a warm and dry sitting-room, for that of a damp and cold bed-chamber.

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### THREE RULES FOR PRESERVING GOOD HEALTH.

1st. Keep the feet warm. 2d. The head cool. 3rd. The bowels sufficiently open, by your diet.

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### CONSUMPTION.

This complaint is generally caused by some acute disorder not being removed, and the patient being run down by the fashionable practice, until nature makes a compromise with disease, and the house becomes divided against itself. There is a constant warfare kept up between the inward heat and cold, the flesh wastes away in consequence of not digesting the food, the canker becomes seated on the stomach and bowels, and then takes hold of the lungs. When they get into this situation, it is called a seated consumption, and is pronounced by the doctors to be incurable. I have had a great many cases of this kind, and have in all of them, where there was life enough left to build upon, been able to effect a cure by my system of practice. The most important thing is to raise the inward heat and get a perspiration, clear the system of canker, and restore the digestive powers, so that food will nourish the body, and keep up the heat on which life depends. This must be done by the regular course of medicine, as has been directed in all violent attacks of disease, and persevering in it till the cause is removed.

This complaint is called by the doctors a *hectic fever*, because they are subject to cold chills and hot flashes on the surface ; but this is an error, for there is no fever about it ; and this is the greatest difficulty : if there was, it would have a crisis and nature would be able to drive out the cold and effect a cure. The only difficulty is to raise a fever, which must be done by such medicine as will raise and hold the inward heat, till nature has the complete command. When the patient is very weak and low, they will have what is called cold sweats ; the cause of this is not understood ; the water that collects on the skin does not come through the pores, but it is attracted from the air in the room, which is warmer than the body, and condenses on the surface. The same may be seen on the outside of a mug or tumbler on a hot day, when filled with cold water which is from the same cause. It is of more importance to attend to the preventing this complaint than to cure it. If people would make use of those means which I have recommended, and cure themselves of disease in its first stages, and avoid all poisonous drugs, there would never be a case of consumption or any other chronic disorder.

REMARK. — The *Codfish Liver Oil*, prepared by Dr. H. B. Skinner, is considered almost a specific for this formidable complaint. It will cure in eight cases out of ten. Its application to this disease was discovered a few years since in Germany ; and, so great has been its success, that its use is now sanctioned by the entire Faculty. It is no quack nostrum, but is simply what its name indicates. No consumptive person should be without it a single day, as it is almost certain to effect a cure if taken in season.

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## REMEDIES FOR POISONS.

It is very important to be familiar with this subject, because poisons are frequently taken, by mistake, for medicines, and are often so rapid in their effects as to produce death before aid can be called. The stomach-pump is unquestionably the best expedient in such cases ; but before a physician can be obtained the following antidotes may be used.

### FOR CORROSIVE SUBLIMATE.

Give the white of an egg every two or three minutes, or copious draughts of linseed tea, or rice-water, or even warm water, with emollient clysters, and warm fomentations to the belly



**FOR OIL OF VITRIOL, TARTARIC, OR PRUSSIC ACID, OR ANY OTHER ACIDS.**

Give alkalies, as an ounce of magnesia, in a quart of warm water, a wine-glassful every two minutes; soap suds, or chalk and water, will do, if magnesia is not at hand. Tickle the throat to produce vomiting, and drink freely of pearlash or lime water.

**FOR POTASH, OR OTHER ALKALIES.**

Drink freely of vinegar, or lemon juice.

**FOR ARSENIC**

In solution, drink pearlash water, or chalk and water. If arsenic in powder has been taken, give linseed tea, warm water, milk, water sweetened with sugar or honey, linseed, tickling the throat to promote vomiting.

**FOR CANTHARIDES.**

Give sweet oil, sugared water, or linseed tea; drink freely, to promote vomiting.

**FOR SUGAR OF LEAD.**

Give Epsom salts, in large quantities, or water with some acid in it, or large draughts of warm water.

**FOR OPIUM, LAUDANUM, HEMLOCK, AND OTHER VEGETABLE POISONS.**

Drink freely of vinegar or lemon-juice. If vomiting has been occasioned by the poison, and the efforts are still continued, promote it by large draughts of warm water, or thin gruel.

**FOR TARTAR EMETIC.**

Give strong green tea, oak or willow bark, in large quantities, to dilute and decompose the poison.

In stings from bees and other insects, bathe with salt and vinegar, or sal-ammoniac and vinegar.

In case of poison from the bite of venomous reptiles, apply a poultice of tobacco and vinegar. A lobelia emetic has great effect in expelling the poison.

When poisoned by dogwood, ivy, or swamp sumac, dissolve a quarter of an ounce of copperas (sulphate of iron) in a pint of water, and bathe the part affected.

Where a large quantity of opium or laudanum has been taken, the patient is to be kept in constant motion, on his legs, or by shaking and moving his body, rubbing him at the same

time with warm salt or other stimulating applications, to rouse the system from torpor.

Olive or sweet oil, mixed with warm milk and water, and drank plentifully until it acts as an emetic, is an antidote to poisons in general.

#### BITE OF A RATTLESNAKE.

Half a wine-glass of olive oil, taken inwardly, is said to be a certain cure for the bite of a rattlesnake and other poisonous reptiles. A little should also be applied to the wound. *Another remedy* is the following: — The roots and branches of plantain and hoarhound, bruised in a mortar, and the juice expressed; of which give one large spoonful as soon as possible. In an hour, if necessary, give another spoonful. Apply to the wound a leaf of tobacco, moistened in rum. This remedy was discovered by a negro, for which his freedom was purchased, and an annuity settled upon him by the general assembly of Carolina.

#### DROWNED PERSONS.

In attempting to recover persons apparently drowned, the principal intention is *to restore the natural warmth*. This must be done by rubbing the body with warm cloths, and by warm bricks applied to the stomach and bowels, palms of the hands, and soles of the feet. Camphor, or some strong volatile spirits, must be applied to the nose and temples, and the spine of the back and pit of the stomach rubbed with warm brandy or other spirits. A strong person may blow his own breath into the patient's mouth, as hard as he can, holding his nostrils at the same time. When the lungs are inflated, stop blowing, and press the breast and belly so as to expel the air again. Let the operation be repeated for some time. If the lungs cannot be inflated in this manner, let it be tried by blowing through one of the nostrils, keeping the other closed. To stimulate the intestines, clysters of warm water, with a little salt, and some wine or spirits, must be used. And as soon as it can be made ready, the patient should be put into a warm bath. Until the person shows signs of life, and can swallow, it would be dangerous to pour liquors into his mouth. His lips and tongue may be wet with a feather dipped in some strong spirits, and as soon as the power of swallowing is recovered, a little warm wine or cordial should now and then be given. Assistance must not be discontinued as soon as the patient gives signs of life, as persons have sometimes expired after the first appearances of recovery.

## TO PURIFY THE ATMOSPHERE OF A SICK ROOM.

Keep always on the shelf of the washing-stand, or on the mantel-piece or table, or in a corner of the floor, a saucer, or small bread pan, or a shallow mug, filled with a solution of chloride of lime in cold water, stirring it up frequently. The proportion may be about a table-spoonful of the powder to half a pint of water. Renew it every two or three days. If the room is large, place in it more than one vessel of the chloride of lime. In stirring it, any unpleasant odor will be immediately dispelled.

On going to sea it is well to take with you one or more quart bottles of this solution, to sprinkle occasionally about your state-room.

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## TO APPLY AN EYE-STONE.

Eye stones are frequently used to extract matter, railroad sparks, and other extraneous substances from the eye. They are to be procured from the apothecaries. They cost but two or three cents apiece, and it is well to get several, that if one does not succeed you may try another. To give an eye-stone activity, lay it for about five minutes in a saucer of vinegar and water, and if it is a good one, it will soon begin to move or swim round in the liquid. Then wipe it dry, and let it be inserted under the eyelid, binding the eye closely with a handkerchief. The eye-stone will make the circuit of the eye, and take out the mote, which, when the eye-stone finally drops out, it will bring with it.

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## OF DEAFNESS.

When deafness is occasioned by an accumulation or hardness of the wax, the ears should be syringed every morning with warm soap and water, till it be removed; and a little wool or cotton worn in them, moistened with two or three drops of camphorated oil of almonds. When it arises from decay of the nerve, electric sparks, a blister behind the ear, and the use of sneezing powder, are the most powerful remedies. When ulceration is the cause, which is known by a discharge of matter, the ulcer should be healed as soon as possible, by syringing the ear every morning and evening with the following lotion, made a little warm:

Take of tincture of myrrh, one drachm; Egyptian honey two drachms; pure water, eight ounces. Mix.

This diseased state of the ear, in which the tympanum is often more or less destroyed, frequently follows the scarlet fever, and is generally very difficult to cure; in consequence of a portion of the tympanum being destroyed, or the surrounding bone of the skull being carious.

A temporary deafness is often produced by slight cold, particularly in children, which frequently goes away in a day or two after the use of a little aperient and sudorific medicine, and avoiding the occasional cause.

Deafness is frequently the consequence of a deficiency of wax, when a liniment that will at the same time soften and gently stimulate the part, will afford considerable relief, if not entirely remove the cause—such as the following :

Take of oil of turpentine, two drachms ; oil of almonds, six drachms. Mix. Two or three drops to be instilled into the ear or applied by means of lamb's wool.

## THE EYE;—HOW TO PRESERVE THE SIGHT—HOW TO RUIN IT, &c.

The preservation of the sight is an object of so much importance to every individual, whatever may be his profession or rank in society, that we have thought a few hints in relation to this subject might be productive of beneficial effects.

The blessing of good eye-sight is invaluable. The pleasure of beholding the light of the sun, of walking and riding abroad, guided by the light of the eye, of reading, and of seeing one's family and friends, is no small portion of the joy of life ; and yet many there are who greatly abuse their eyes. Persons should learn not only not to abuse their sight, but also to use it rightly, and take all proper measures to preserve it.

1st. It is well known to the physician that nothing more certainly impairs the sense of vision than debauchery and excess of every kind. The individual, therefore, who would preserve his sight unimpaired, must avoid carefully every species of intemperance. This is an all-important rule, a neglect of which will render every other of but little avail.

2nd. A long continuance in absolute darkness, or frequent and protracted exposure to a blaze of light, equally injures the sense of vision.

Persons who live almost constantly in dark caverns or chambers, workers in mines, and prisoners who have been long confined in gloomy dungeons, become incapable of seeing objects distinctly excepting in a deep shade, or in the dusk of the evening. While on the other hand, in various parts of the

world, in which the light is constantly reflected from a soil of dazzling whiteness, or from mountains and plains covered with almost perpetual snow, the sight of the inhabitants is perfect only in broad daylight, or at noon.

3rd. Those, also, who are much exposed to *bright fires*, as blacksmiths, glassmen, forgers, and others engaged in similar employments, are considered by the best authorities as most subject to loss of sight by cataract.

All brilliantly illuminated apartments have a similiar prejudicial effect upon the eyes, though, undoubtedly, not to the same extent. As a general rule, therefore, the eye should never be permitted to dwell on brilliant or glaring objects for any length of time. Hence in our apartments only a moderate degree of light should be admitted; and it would be of considerable advantage, particularly to those whose eyes are already weak, if in place of a pure white or deep red color for the walls, curtains, and other furniture of our rooms, some shade of green were to be adopted.

4th. Reading or writing in the dusk of the evening, or by candlelight, is highly prejudicial. The frivolous attention to a quarter of an hour at the decline of day, has deprived numbers of the perfect and comfortable use of their eyes for many years; the mischief is effected imperceptibly, the consequence is often irreparable.

5th. There is nothing which preserves the sight longer than always using, in reading, writing, sewing, and every other occupation in which the eyes are constantly exercised, that moderate degree of light which is best suited to them; too little strains them, too great a quantity dazzles and confounds them. The eyes are less affected, however, by a deficiency of light than by the excess of it. The former seldom does much, if any, harm, unless the eyes are strained by efforts to view objects to which the degree of light is inadequate; but too great a quantity has, by its own power, destroyed the sight.

6th. The long-sighted should accustom themselves to read with rather less light, and with the book somewhat nearer to the eye than they ordinarily desire; while those that are short-sighted should, on the contrary, use themselves to read with the book as far off as possible. By these means both may improve and strengthen their vision, whereas a contrary course will increase its natural imperfections.

7th. Bathing the eyes daily in cold or tepid water, tends to preserve the integrity of their functions; provided, however, the individual does not immediately after such bathing enter a warm room; or unnecessarily exert his sight.

8th. One of the greatest abuses of the eye now prevalent, is reading in the cars while they are going upon the railroad. This practice, we are sensible, has been injurious to our own eyes. With a bundle of exchange papers in our pocket, we have frequently felt unwilling to lose so much time as we have been liable to, while passing from the city some eighteen or twenty miles in the country, as has lately been our custom. Hence, to save time, we have resorted to reading, until we have perceived its ill effects. The unsteadiness of the cars, the different degrees of light through which the reader is so suddenly carried, and the constant effort to see, all tend to affect the eyes unfavorably. We advise all to avoid reading while riding.

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## VACCINATION.

As a preventive of the *small-pox*, the vaccine inoculation is now universally practised. This generally produces a very mild and safe form of disease, which continues a few days and then subsides, and leaves the patient ever after free from the fear of small-pox.

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## RULES FOR THE PRESERVATION OF THE HEALTH.

1. Avoid as much as possible living near a grave-yard. In the warm, damp seasons, they often prove sources of putrid fever.
2. Keep the feet from wet, and the head well defended when in bed.
3. Avoid too plentiful meals.
4. Go not abroad without breakfast.
5. Shun the night air as you would the plague.
6. Let your houses be kept from damps by warm fires.
7. Tender people should have those who lie with them, or are much about them, sound, sweet, and healthy.
8. Nothing conduces more to health than abstinence and plain food, with due labor.
9. For studious persons, about eight ounces of animal food, and twelve of vegetable, in twenty-four hours, is sufficient.
10. Water is the wholesomest of all drinks; quickens the appetite, and strengthens the digestion most.
11. Coffee and tea are extremely hurtful to persons who have weak nerves.
12. A due degree of exercise is indispensably necessary to health and long life.

12. Walking is the best exercise for those who are able to bear it; riding for those who are not. The open air, when the weather is fair, contributes much to the benefit of exercise.

14. We may strengthen any weak part of the body by constant exercise. Thus the lungs may be strengthened by loud speaking, or walking up an easy ascent.

15. The studious ought to have stated times for exercise, at least two or three hours a day.

16. The fewer clothes any one uses, by day or night, the hardier he will be.

17. The flesh-brush is a most useful exercise, especially to strengthen any part that is weak.

18. Cold bathing is of great advantage to health; it prevents abundance of diseases; it promotes perspiration, helps the circulation of the blood, and prevents the danger of catching cold.

19. Costiveness cannot long consist with health; therefore care should be taken to remove it at the beginning.

20. All violent and sudden passions dispose to, or actually throw people into, acute diseases.

21. The slow and lasting passions, such as grief and hopeless love, bring on chronic diseases.

By observing these few and simple rules, better health may be expected than from the use of the most powerful medicines.

## CAUTIONS IN VISITING SICK ROOMS

Never venture into a sick room if you are in a violent perspiration, (if circumstances require your continuance there for any time,) for the moment your body becomes cold, it is in a state likely to absorb the infection, and give you the disease. Nor visit a sick person, especially if the complaint be of a contagious nature, with an empty stomach, as this disposes the system more readily to receive the contagion. In attending a sick person, place yourself where the air passes from the door or window to the bed of the diseased, not betwixt the diseased person and any fire that is in the room, as the heat of the fire will draw the infectious vapor in that direction, and you would run much danger from breathing in it.

## MANAGEMENT OF THE SICK ROOM.

### RULES.

1. The sick should always be addressed in a gentle voice and conversed with in the most cheerful manner. Their attendants should express sympathy for their sufferings, but

endeavor to inspire them with courage and resignation in bearing them.

2. All vials and papers of powders should be carefully labelled, as one medicine may be mistaken for another, and sometimes poison be administered by neglect of this caution.

3. All unpleasant news should be entirely withheld from, or very *carefully* communicated to, a person who is ill.

4. The chamber should be kept in perfect order, and free from noise and confusion.

5. If the eyes of the patient are not weak, the room should not be darkened, as the rays of the sun, especially of the morning sun, have a vivifying and renovating influence.

6. Wash every article the instant it is used, and do not keep the tables and mantel-piece filled with vials, pill-boxes, &c., for if they are within sight of the patient this practice will annoy him.

7. The room should be well supplied with water, towels napkins, a slop-pail, saucepans, a couple of bowls and tumblers, several cups, saucers, and wine-glasses, several large and small spoons.

8. Pure air contributes not only to the preservation, but to the restoration of health. A sick chamber should be ventilated at least twice a day. The process of ventilation should be as short as possible; the patient must be well covered, and even his head kept beneath the bed-clothes, if he experiences the slightest sensation of chilliness.

9. The bed-clothing should be changed twice a week, *at least*; the bed must be made every day, and, if the patient can bear it, twice a day. The bed-clothes should be carried into another room and aired before they are replaced upon the bed.

10. The person of the patient should be kept perfectly clean, and his garments frequently changed. Daily ablutions of the whole person with warm water are very serviceable. The mouth should also be often rinsed.

11. Describe to the physician the patient's minutest symptoms—use no deception in communicating either his mental or his bodily state. Pay strict attention to the physician's directions; if they are numerous, *note* them down, and obey them *strictly*.

12. The person who has charge of the sick should possess a quiet and even temper, be naturally cheerful, very patient, and disposed to bear with the most unreasonable fretfulness and irritability.

13. Do not reprove or attempt to argue with a person who is



very ill; he can hardly be considered a responsible being, for the mind is not generally in a healthy state when the body is disordered.

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## WIND INSTRUMENTS:

All these are more or less hurtful to the lungs, which they weaken by introducing too much air, and keeping that organ too long in a state of distension. On this account persons of weak lungs, who play much on the flute, hautboy, or French horn, are frequently afflicted with spitting of blood, cough, shortness of breath, and pulmonary consumption. Blowing these instruments likewise checks the circulation of the blood through the lungs, accumulates it towards the head, and disposes such persons to apoplexy.

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## THE TEETH.

An object very subservient to health, and which merits due attention, is the preservation of the teeth; the care of which, considering their importance in preparing the food for digestion is, in general, far from being sufficiently cultivated. Very few persons, comparatively, wash their mouths in the morning, which ought always to be done. Indeed, this ought to be practised at the conclusion of every meal, where either animal food or vegetables be eaten; for the former is apt to leave behind it a rancid acrimony, and the latter an acidity, both of them hurtful to the teeth. Washing the mouth frequently with cold water is not only serviceable in keeping the teeth clean, but in strengthening the gums, the firm adhesion of which to the teeth is of great importance in preserving them sound and secure.

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## USE OF SPECTACLES.

From whatever cause the decay of sight arises, an attentive consideration of the following rules will enable any one to judge for himself, when his eye-sight may be assisted or preserved by the use of proper glasses.

1. When we are obliged to remove small objects to a considerable distance from the eye, in order to see them distinctly.

2. If we find it necessary to get more light than formerly, as, for instance, to place the candle between the eye and the object.

3. If, on looking at, and attentively considering a near object, it fatigues the eye and becomes confused, or if it appears to have a kind of dimness or mist before it.

4. When small printed letters are seen to run into each other, and hence, by looking steadfastly on them, appear double or treble.

5. If the eyes are so fatigued by a little exercise, that we are obliged to shut them from time to time, so as to relieve them by looking at different objects.

When all these circumstances concur, or any of them separately takes place, it will be necessary to seek assistance from glasses, which will ease the eyes, and in some degree check their tendency to become worse; whereas, if they be not assisted in time, the weakness will be considerably increased, and the eyes be impaired by the efforts they are compelled to exert.

### AIR.

Nothing is more pernicious than the air of a place where a numerous body of people are collected together within doors; especially if to the breath of the crowd there be added the vapors of a multitude of candles, and the consumption of the vital air by fires in proportion. Hence it happens, that persons of a delicate constitution are liable to become sick or faint in a place of this kind. These ought to avoid, as much as possible, the air of great towns; which is also peculiarly hurtful to the asthmatic and consumptive, as it is likewise to hysteric women and men of weak nerves. Where such people cannot always live without the verge of great towns, they ought, at least, to go out as often as they can into the open air, and, if possible, pass the night in the wholesome situation of the suburbs.

### VENTILATION OF HOUSES.

The great attention paid to making houses close and warm, though apparently well adapted to the comfort of the inhabitants, is by no means favorable to the health, unless care be taken every day to admit fresh air by the windows. Sometimes it may be proper to make use of what is called pumping the room, or moving the door backward and forward for some minutes together. The practice of making the beds early in the day, however it may suit convenience or delicacy, is doubtless improper. It would be much better to turn them down, and expose them to the influence of the air admitted by the windows.

For many persons to sleep in one room, as in the ward of a hospital, is very hurtful to health; and it is scarcely a less injurious custom, though often practised by those who have splendid houses, for two or more to sleep in a small apartment, especially if it be very close

## RIDING AND WALKING.

For preserving health, there is no kind of exercise more proper than walking, as it gives the most general action to the muscles of the body ; but, for valetudinarians, riding on horse-back is preferable. It is almost incredible how much the constitution may be strengthened by this exercise, when continued for a considerable time.

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## EXERCISE AFTER MEALS.

Exercise is hurtful immediately after meals, particularly to those of nervous and irritable constitutions, who are thence liable to heart-burn, eructations, and vomiting. Indeed, the instinct of the inferior animals confirms the propriety of this rule ; for they are all inclined to indulge themselves in rest after food. Exercise should be delayed till digestion is performed, which generally requires three or four hours after eating a full meal.

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## READING ALOUD.

This is a species of exercise much recommended by the ancient physicians ; and to this may be joined that of speaking. They are both of great advantage to those who have not sufficient leisure or opportunities for other kinds of exercise. To speak very loud, however, or exercise the voice immediately after meals, is hurtful to the lungs, as well as to the organs of digestion.

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# DISEASES OF INFANTS AND CHILDREN.

## PART III.

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## INTRODUCTION.

It requires much attention and experience to treat successfully the diseases of infants and children. Yet the treatment of infantile diseases is simple and tolerably certain ; the careful observation of a judicious mother will generally suggest those remedies best adapted to the purpose.

The following chapter, however, will be found very valuable and is such as every family should possess. The remedies proposed are simple and perfectly safe, and, if followed out, will generally prove effective.

### GENERAL RULES.

When children first discover symptoms of disease, it may be known by their being more fretful and troublesome. This is evidence of a disordered stomach, which will continue to grow worse unless relief is given. The first thing to be done is to keep them warm, and use every means to cause perspiration. Give an emetic to clear the stomach — say a little tincture of ipecac., or lobelia. If there be great heat and dryness of the skin, wash the body all over with pearlash ; mix three quarters of an ounce to three gills of warm water. This will open the pores and reduce the heat. Let the child have a plenty of warm drink. After the emetic has operated, give a dose of castor-oil. In many cases the oil may be given instead of the emetic. This course will very rarely fail to remove disease and invigorate the health, without doing any injury to the constitution.

### ACIDITY, OR SOUR STOMACH.

Magnesia, given in food, purges, and at the same time corrects, the acidity, and thus carries off the cause. Where there is griping, rub a little brandy or any spirit on the bowels warm before the fire. If anything be given internally, let it be a little peppermint, anise, checkerberry, and the like.

### APHTHÆ, OR THRUSH

These are little whitish ulcers affecting the mouth, tongue, throat, and stomach. It is difficult to apply remedies in this disease to young children. The nurse may rub the child's mouth with a little borax and honey, to which a little burnt alum may be added sometimes, keeping the bowels open with magnesia

### CHOLERA INFANTUM.

This disease prevails during the summer, and attacks children from a week after birth till two or three years old. It is attended with vomiting, purging of green or yellow matter, of slime, or of blood ; attended with pain, swelling of the belly, and heat of the skin, growing worse toward evening. In this disease, the stomach and bowels must be evacuated, and afterward give charcoal and magnesia, or the latter alone. When

there is much irritation, injections of flaxseed tea, with a little laudanum, will give ease. Fomentations to the bowels and abdomen are useful. The removal of children to the country, abstaining from fruit, the use of flannel, and the cold bath, are means prescribed for prevention.

### CROUP.

As this is a desperate disease, and one which, if neglected will surely result in death, active measures should be immediately pursued. Let no time be lost in giving an emetic; immerse the feet in warm water, and put a poultice of yellow snuff, mixed with goose oil, upon the stomach — sweet oil will answer. Apply a number of thicknesses of flannel, wet in hot water, over the windpipe, as hot as it can be borne. Change as often as it cools. Place onion poultices upon the feet when taken from the water. This course, if persevered in, will cure in ninety-nine cases out of a hundred.

### CONVULSIONS, OR FITS.

These generally proceed from overloading the stomach and bowels with crude, indigestible food. Sometimes they precede an eruption, as chicken-pox, measles, &c., and from cutting teeth, or tight clothing. If costive, give the child a clyster, afterwards a gentle vomit, and keep the body open by small doses of magnesia or rhubarb, and give a dose occasionally of some warming preparation, as peppermint, or anise-seeds, steeped and sweetened. If fits proceed from the pain of teething, a little paregoric may be administered, or a tea of valerian, or the skullcap herb.

### ERUPTIONS, OR HUMORS.

In eruptive complaints, children should be guarded against taking cold. Keep the bowels open with castor-oil or magnesia. Every measure should be used to keep the eruptions out upon the skin; for this purpose, keep the child warm, and give it saffron tea.

### GALLING AND EXCORIATION.

Wash the parts frequently with cold water, and sprinkle on some absorbent powder, as burnt hartshorn, chalk, or flesh-powder. Washing the parts with water in which a little white vitriol has been dissolved, heals the sores very quick.

## CHICKEN-POX.

Let the patient be confined to the bed, kept cool, and take a dose of salts. A little saffron tea may be given. This will generally remove the symptoms.

## HICCOUGHS.

A little powder of prepared chalk and rhubarb.

## DIARRHŒA AND DYSENTERY.

It may be remarked that, in childhood, the bowels are naturally loose. Then three or four stools a day are natural in middle age, one; in old people, fewer. Allowances must be made for these differences.

Diarrhœa in infants and children is usually brought on either by too much, or an unsuitable kind of food. To effect a cure, it will be necessary to regulate the diet, and give a dose of rhubarb or magnesia, followed by a little prepared chalk.

## MUMPS.

This disease chiefly attacks children, both in summer and winter, and is supposed to be contagious. Those who have the disorder should be kept still and quiet. A purgative of Epsom salts, or cream of tartar, warm fomentations, and confinement to the house, are all that appears necessary to a cure.

## NETTLE RASH.

Let the patient drink saffron tea, and keep the bowels open with Epsom salts; use a light diet. This will remove it.

## SNUFFLES.

The bowels must be kept freely open, so as to remove the matter falling into them from the throat. This may be done by remedies prescribed in *looseness*. Besides purging, it may be necessary to foment the nose, or to apply the volatile liniment.

## TEETHING.

Use castor-oil to keep the bowels open, and feed with balm tea. When the pain is severe, relieve the little sufferer by a few drops of paregoric. A pitch plaster should be kept constantly between the shoulders, and renewed once in two weeks. Rub the gums with honey three or four times a day. Let the child have pure air, and wash it every day with cold water.

## VOMITING.

When occasioned by too much food, promote the evacuation by an occasional tea-spoonful of lobelia tincture. When the food is of too acrid or irritating quality, it must be changed to that of a milder nature. Where this cannot be done, a little magnesia, soda, lime-water, or weak pearlash-water, may be given, to neutralize the acidity.

## WHOOPIING COUGH.

The principal danger to be guarded against in this complaint, is an inflammation of the lungs. It will be proper therefore, to give slight emetics frequently, of wine of ipecac., or tincture of lobelia, to keep the lungs free. Let the diet be light, and easy of digestion, and the drink pennyroyal, or life everlasting, steeped and sweetened with honey or molasses. Keep the bowels open with rhubarb tincture—a tea-spoonful may be given to an infant twice a day, as it may need. Let the feet be rubbed, two or three times a day, with an ointment made by beating an onion, and mixing it with an equal portion of hog's lard. Apply a strengthening plaster between the shoulders. In pleasant weather, let the child have fresh air.

## WORMS.

Let the patient fast a day, and then take a dose of pink followed by a portion of senna. Strong salt water may be given, or powdered sage and molasses; a mixture of milk and honey is also very good. Above all, let the child have plenty of exercise and free air.

## MEASLES.

The principal point in this disorder is to keep out the eruption upon the surface of the body. Let the patient immerse his feet in warm water two or three times a day, and drink plentifully of thoroughwort-tea, taking care to be well wrapped in a comforter, so as to produce a copious sweat. Saffron is very valuable; let this and thoroughwort be the only drink. Mustard poultices applied to the feet are very useful. Let the bowels be kept gently open with rhubarb.

## WIND AND COLIC.

Flatulency often so prevails as to occasion severe griping pains, perfectly obvious by the infant's screaming, crying, and drawing its knees up.

In such cases, it will be necessary to evacuate the bowels by

some gentle laxative — castor-oil is best. Where the pains are very severe, it will be best to give a dose of paregoric, and apply a bag of hot bran or camomile flowers to the bowels.

Children that are partly brought up with the spoon, and who are subject to wind, should always have a few caraway-seeds mixed up with their food.

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## RULES FOR THE MANAGEMENT OF INFANTS AND CHILDREN.

1. An infant from two to four months old, requires to be nursed about once in three hours.
2. After six months, more solid food may be given.
3. Sweetmeats and confectionary should be given very sparingly to young children.
4. Allow the child to sleep freely without disturbance.
5. Dress the child loosely, and use strings instead of pins.
6. Always keep the child clean and neat.
7. Children should always be vaccinated from six weeks to two months after birth.
8. Never swing or jerk children by the arms, as much mischief is often the result.
9. No child should be kept long in study or other pursuits at a time.
10. Never give a child that for which it cries.
11. Never promise to give when the child is done crying.
12. When children are the most violent, the mother should be the most cool and collected.

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## ROOTS AND HERBS.

### PART IV.

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“There are herbs to cure all diseases, though not everywhere known.”—DR. RAY.

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LIST OF THE MOST COMMON ROOTS AND HERBS, WITH THEIR  
MEDICINAL PROPERTIES POINTED OUT.

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### COLLECTING AND CURING HERBS, BARKS, AND ROOTS.

*Herbs* that are intended for teas or decoctions should be collected while in blossom, or a little after, on a fair, dry day.



when the dew is off, and spread thin in the shade, or exposed to the sun; — the former, however, is preferable, as by it they retain their natural hue. Herbs that are wanted for distilling, should be cut when the seeds are ripe, at which time they yield the most oil.

*Barks* from the bodies of trees should be peeled in the latter period of their running, which is commonly in July, as they are much thicker and stronger than when they first begin to run. They may be dried in the shade, or by the sun. The rough, outward bark, or rind, should be taken off when peeled. *Barks of roots* should be collected early in the spring, or late in the fall, while the sap is in the root, and cured in the same manner.

*Roots* should be collected in the spring, before the tops begin to shoot forth, or in the autumn, after they are decayed. Those that are large and fleshy should be cut into strips or slices, and strung; after which they may be exposed to a moderate heat, so that they may dry gradually.

After the *barks*, *roots*, and *herbs* are thoroughly dried, they should be kept close from the air; also, when pulverized particularly those that possess an aromatic quality.

**IF** *B. O. & G. C. Wilson's Botanic Rooms, No. 18 Central Street, Boston, is the best place to purchase herbs and roots*

**ANGELICA**, seeds and roots, good for wind.

**AVENS ROOT**, astringent and strengthening.

**ALDER**. This is an astringent, useful in bleeding at the lungs, or as a wash for ulcers.

**BAYBERRY ROOT**, astringent, in tea, good for canker, in poultices, to cleanse sores, and makes a good catarrh snuff, finely pulverized.

**BLACK BIRCH** removes obstructions, good for gravel, made into a tea.

**BLACK SNAKE-ROOT**, or **BLACK COHOSH ROOT**, good to remove obstructions, taken hot at bed-time.

**BUGLE HERB**, for bleeding at the stomach and lungs.

**BURDOCK SEEDS**, steeped, will cleanse the blood, and are good for jaundice.

**BLACKBERRY**. This is astringent; — very valuable in the dysentery.

**BLUEFLAG**, useful in fevers, or to expel humors from the system. Dose — half tea-spoonful three times a day.

**CATNIP**, good for hæmorrhoids, worms, and restlessness.

- CELANDINE**, good for jaundice; the root, simmered in lard, is good to anoint for the piles.
- CLIVERS, OR GOOSE GRASS**, good in affections of the kidneys or bladder.
- COMFREY**, made into a syrup, is good for internal soreness and spitting of blood.
- DANDELION ROOT** promotes urine, and cures liver complaints.
- ELDER BARK** and *Berries* promote the water and perspiration. Good in dropsy.
- ELECAMPANE ROOT**, good in powder, with honey or molasses, for a cough.
- GARGET ROOT**, made into an ointment or poultice, good for sores, cancers, and piles.
- GOOSEBERRY BUSH LEAVES**, steeped and drank, good for gravel complaints.
- GOLDEN THREAD**. This is useful in bitters; simmered in lard, it makes a good ointment for sore lips, hands, &c.
- GOLDEN SEAL**. This corrects the bile, restores the organs of digestion, and promotes a discharge of urine.
- HYSSOP** makes a good gargle in sore throat, and is good for a cough.
- HOPS**, in poultice, or ointment, eases the pain of cancers and sores.
- HARDHACK**. This is astringent; useful in the diarrhoea and dysentery.
- HOARHOUND**. This is valuable, combined with thoroughwort, for coughs, colds, and all lung complaints.
- INDIAN TURNIP**, the fresh root simmered in lard, is good for scald-head.
- JACOB'S LADDER** makes an excellent ointment, simmered in cream, for sore breasts.
- LIFE EVERLASTING**. This is the most efficacious of all herbs, in breaking up a long-standing cough, drank in the form of tea, and sweetened with molasses.
- MOUNTAIN CRANBERRY**, very useful in bleeding at the lungs.
- MAIDENHAIR**, made into syrup, good for coughs and influenza.
- MOTHERWORT**, the herb or root, procures sleep, allays pain and spasms.
- MULLEIN** makes a good injection, and, simmered in lard cures the piles, outwardly applied.
- NETTLE LEAVES** excites the skin, and is therefore good for palsy. A decoction of them is good for bloody urine, and is a powerful styptic.

**OAK BARK**, (the white oak,) is tonic and astringent ; good to brace and strengthen.

**PEACH LEAVES**, steeped, will carry off worms, drank as a tea.

**PIPSISSEWA**, or prince's pie, made into tea, is good for rheumatism and scrofula,

**PEPPERMINT**, valuable for the colic ; to prevent sickness at the stomach, &c.

**PLANTAIN**, good, combined with lard, for the salt-rheum ; its juice will cure the bite of snakes.

**PENNYROYAL**. This is a stimulant ; it should always be given to assist the operation of the lobelia emetic.

**POPLAR BARK**. This is a tonic ; useful in bitters.

**QUEEN OF THE MEADOW**, or Meadow Sweet ; the root is good for diseases of the kidneys, and obstructions, being a powerful diuretic.

**RED ROSE WILLOW** is a fine tonic and astringent. One pound of the bark, boiled to three quarts, and infused in three pints of port wine, adding four ounces of loaf sugar, makes a good medicine to brace up weakly constitutions, taking a tea-cupful three times a day.

**SAGE TEA**, with a little lemon juice added, is a good drink in fevers.

**SKULLCAP HERB**, made into a tea, allays nervousness and excitement.

**SENNA** is good in compound laxatives and cathartics.

**SHEPHERD'S PURSE** eases pain, applied as a poultice and is a good application for the erysipelas.

**SKUNK CABBAGE**, the root and seeds are good in asthma, coughs, &c.

**SLIPPERY ELM**, a good drink in sore throat, dysentery, and is the best article known to poultice humors and sores.

**SUMACH BERRIES** makes a good gargle in sore throat ; the bark of the root is good made into an ointment for burns, and into poultices for ulcers.

**SWAMP OR TAG ALDER** purifies the blood, made into a beer or a decoction.

**SAFFRON** makes a valuable tea for children afflicted with the measles, chicken-pox, and all eruptive diseases.

**SASSAFRAS**, steeped in water, is an excellent wash for all kinds of humors.

**TAMARACH**, the bark is good for bitters in jaundice and liver complaint.

**TANSY** is good in strangury, and obstructions of the kidneys.

**THOROUGHWORT** will vomit drank warm, but when drank

cold acts as a tonic. It is good cold for indigestion of old people.

**THYME** is a good tonic and stomachic; it strengthens the lungs, relieves shortness of breath, and expels wind from the stomach.

**UNICORN ROOT** is a powerful strengthener, taking a half tea-spoonful in powder, in a gill of warm water, three times a day.

**VALERIAN** is good in all nervous affections, a tea-spoonful taken twice or thrice a day in water, or peppermint tea.

**VERVAIN** is good in tea for colds and obstructions, and to expel worms.

**WHITE POPLAR BARK** makes an excellent bitter for weakness.

**WITCH HAZEL**, bark and leaves, steeped and drank, is good for bowel complaints, bleeding at the lungs and stomach. In a poultice or wash they are good in removing inflammation of the eyes, and in painful tumors.

**WILD PARSLEY** seeds are a warm and powerful diuretic.

**WINTERGREEN** tea promotes milk in the breasts, relieves obstructions, and restores the strength after dysentery, &c.

**WORMWOOD** is good in poultices applied to bruises, and the oil or tea destroys worms.

**WHITE LILY ROOT**, excellent in poultices, to cleanse sores, and to discuss humors.

**YELLOW DOCK**. This is physical and bracing; valuable in the piles; it will purify the blood, and expel bad humors from the system.

**YARROW**. This is useful in blood-spitting, dysentery, piles, &c.

## DECOCTIONS, INFUSIONS, AND SYRUPS.

The difference between *decoctions* and *infusions* consists only in the mode of extracting the qualities of various substances, by the use of water more or less heated.

**DECOCTIONS** are made with boiling water, over a heat which produces evaporation. In this way, substances are decomposed while their medical properties are extracted, and their volatile or aromatic virtues are dissipated. By this process, the peculiar properties of many plants may be wasted, and the preparations rendered less efficacious than if made by infusion.

**INFUSIONS**, or **TEAS**, are made by pouring water, either hot or cold, upon the substance after being bruised, and steeping it a proper time in a covered vessel, before it be poured or strained

off for use. When any articles possessing volatile qualities are to be used in syrups or decoctions, they should be added when the boiling of the other articles is nearly finished.

SYRUPS differ from *decoctions* only in the addition of sweetening and spirits, by which they become more palatable, and will keep longer without fermentation.

It should be recollected, that the efficacy of medicine depends much on its freshness and purity; and that any alteration made by fermentation or freezing renders them not only useless, but very hurtful. The water used in preparing medicine should be soft and pure. Snow water is purest, and much to be preferred. Next to this is distilled or rain water; and lastly, spring water, when no better can be had.

SYRUPS are generally prepared in earthen vessels, covered tight with a paste or crust, and baked in an oven. The quantity of spirits added may usually be about one fourth, or one third, of the whole quantity, when prepared, and the sweetening should be sufficient to render it palatable.

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# EVERY LADY'S COOK-BOOK.

## PART V.

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### EASY SYSTEM OF CARVING.

Every person standing at the head of a family should be well informed upon the general principles of carving, without which, it will be impossible to perform the honors of the table with propriety. An attention to the following rules will enable any one to perform this branch of domestic duty with facility and despatch.

Rule 1. In carving, your knife should be light and sharp, and it should be firmly grasped.

2. The dish should be situated near the carver, so as to render the task easy.

3. Fish requires very little carving; it should be carefully helped with a fish-slice, which prevents the flakes from being broken.

4. To carve a turkey, fix the fork firmly on one side of the thin bone that rises in the centre of the breast; the fork should be placed *parallel* with the bone, and as close to it as possible. Cut the meat from the breast lengthwise, in slices of about half an inch in thickness. Then turn the turkey upon the side nearest you, and cut off the leg and wing; when the knife is passed between the limbs and the body, and pressed outward, the joint will be easily perceived. Then turn the turkey on the other side, and cut off the leg and wing. Separate the drum-sticks from the leg-bones, and the pinions from the wings; it is hardly possible to mistake the joint. Cut the stuffing in thin slices, lengthwise. Take off the neck-bones, which are two triangular bones on each side of the breast; this is done by passing the knife from the back under the blade part of each neck-bone, until it reaches the end; by raising the knife the other branch will easily crack off. Separate the carcass from the back by passing the knife lengthwise from the neck downward. Turn the back upwards and lay the edge of the knife across the back bone, about midway between the legs and wings; at the same moment place the fork within the lower

part of the turkey, and lift it up; this will make the back-bone crack at the knife. The croup, or lower part of the back, being cut off, put it on the plate, with the rump from you, and split off the side-bones by forcing the knife through from the rump to the other end.

*Remark.* The choicest parts of a turkey are the side-bones, the breast, and the thigh-bones. The breast and wings are called light meat; the thigh-bones and side-bones dark meat. When a person declines expressing a preference, it is polite to help to both kinds.

5. A goose is carved nearly as a turkey, only the breast should be cut in slices narrow and nearly square, instead of broad, like that of a turkey; and before passing the knife to separate the legs and wings, the fork is to be placed in the small end of the leg-bone or pinion, and the part pressed close to the body, when the separation will be easy. Take off the merry-thought, the neck-bones, and separate the leg-bones from the legs, and the pinions from the wings.

*Remark.* The best parts are the breast, the thigh-bones, and the fleshy parts of the wings.

6. A sirloin of beef should be managed thus:—Place the curving-bone downward upon the dish. Cut the outside lengthwise, separating *each slice* from the chine-bone, with the point of the knife. The tender loin is on the inside; it is to be cut crosswise.

7. A saddle of mutton is the two loins together, and the rack-bone running down the middle to the tail. Slices are to be cut out parallel to the back-bone on either side.

8. In a leg of mutton, the knife is to be entered in the thick, fleshy part, as near the shank as will give a good slice. Cut towards the large end, and always to the bone.

9. A fillet of veal is the thick part of the leg, and is to be cut smooth, round, and close to the bone.

*Remark.* Some prefer the outside piece. A little fat cut from the skirt is to be served to each plate.

10. In carving a pig, if the pig be whole, cut off the head, and split it in halves along the back-bone. Separate the shoulders and legs by passing the knife under them in a circular direction.

*Remark.* The best parts are the triangular piece of the neck, the ribs, legs and shoulders.

## REMARKS UPON COOKING UTENSILS, THEIR USES, &c.

Metallic utensils are quite unfit for many uses, and the knowledge of this is necessary to the preservation of health.

The metals commonly used in the construction of cooking utensils, are silver, copper, brass, tin, iron, and lead. Silver is preferable to all others, because it cannot be dissolved by any of the substances used as food.

Copper and brass are both liable to be dissolved by vinegar, acid fruits, and pearlash. Such solutions are highly poisonous. Neither acids nor anything containing pearlash should be suffered to remain in vessels of this kind, more than an hour.

Iron is one of the safest metals for the construction of culinary utensils. Some articles of food, such as quinces, orange peel, artichokes, &c., are blackened by remaining in iron vessels, which, therefore, must not be used for them.

Leaded vessels are very unwholesome, and should never be used for milk and cream if it be ever likely to stand till it becomes sour. They are unsafe also for the purpose of keeping salted meats.

The best kind of pottery ware is oriental china, because the glazing is perfect glass, which cannot be dissolved, and the whole substance is so compact that liquid cannot penetrate it.

Acids and greasy substances penetrate into unglazed wares, excepting strong stone ware; or into those of which the glazing is cracked, and hence gives a bad flavor to anything they are used for afterwards. They are quite unfit, therefore, for keeping pickles or salted meats. Glass vessels are infinitely preferable to any pottery ware.

Wooden vessels are very proper for keeping many articles of food, and should always be preferred to those lined with lead. It is useful to char the insides of wooden vessels before they are used, by burning wooden shavings, so as to coat the insides with a crust of charcoal.

There is a kind of hollow iron ware lined with enamel, which is superior to every other utensil for sauces or preserves; indeed, it is preferable for every purpose.

Whatever contaminates food in any way, must be sure from the repetition of its baneful effects, to injure the health.

## MANNER OF SETTING DISHES ON TABLE.

1. Soup, broth, or fish, should always be set at the head of the table; if none of these, a boiled dish goes to the head where there is both boiled and roasted.

2. If there be but one principal dish it goes to the head of the table.

3. If three, the two small ones to stand opposite nigh the foot.



4 If four, the biggest to the head, the next biggest to the foot, and the two smallest dishes on the sides.

5. If five, you are to put the smallest in the middle and the other four opposite.

6. If six, you are to put the top and bottom as before, and the two small ones opposite for the side dishes.

## COOKERY OF MEATS.

**ROAST BEEF.** The sirloin is considered the best for roasting. Spit the meat, pepper the top, and baste it well while roasting with its own dripping, and throw on a handful of salt. When the smoke draws to the fire, it is near enough; keep the fire bright and clear. From fifteen to twenty minutes to the pound, is the rule for roasting.

**BEEF BOILED.** The round is the best boiling piece. Put the meat in the pot, with water enough to cover it; let it boil very slow at first — this is the great secret of making it tender — take off the scum as it rises. From two to three hours, according to size, is the rule for boiling.

**BEEF STEAK.** The inside of the sirloin makes the best steak. Cut about three quarters of an inch thick — have the gridiron hot, put on the meat and set it over a good fire of coals — turn them often. From eight to ten minutes is the rule for broiling.

**ROAST PORK.** Take a leg of pork and wash it clean — cut the skin in squares — make a stuffing of grated bread, sage onion, pepper and salt, moistened with the yolk of an egg. Put this under the skin of the knuckle, and sprinkle a little powdered sage into the rind where it is cut; rub the whole surface of the skin over with a feather dipped in sweet oil. Eight pounds will require about three hours to roast it.

**THE SHOULDER, LOIN, OF CHINE, and SPARE-RIB** are roasted in the same manner.

**PORK STEAKS.** Cut them off a neck or loin; broil them over a clear fire, turning them often — pepper and salt them while broiling — when done, put them in a plate and add a piece of butter.

**BROILED HAM.** Cut the ham in thin slices. If the ham is too salt, soak before broiling in cold water — then take care to fry them — fry a few eggs and serve an egg on each slice of ham.

**FRIED SAUSAGES.** Put a little butter in a frying-pan; as soon as it is melted, put in the sausages and turn them often — fry them over a slow fire: when they are done brown drain off the fat and serve them.

**TO MAKE SAUSAGE-MEAT.** Take two pounds of lean meat

to one of fat pork chop fine, and mix it with two tea-spoonfuls of black pepper, one of cloves, seven of powdered sage, and five of salt.

**ROAST MUTTON.** The loin, haunch, and saddle of mutton and lamb must be done the same as beef. All other parts must be roasted with a quick, clear fire; baste it when you put it down, and dredge it with a little flour, just before you take it up. A leg of mutton of six pounds will require one hour to roast before a quick fire.

**ROAST VEAL.** In roasting veal pursue about the same course as in roasting pork. Roast before a brisk fire till it comes to a fine brown color; when you lay it down baste it well with good butter, and when near done, with a little flour.

In roasting, time, distance from fire, basting, and a clear fire, are the first articles which require a cook's attention.

## DIRECTIONS FOR BOILING.

For all sorts of boiled meats, allow a quarter of an hour to every pound; be sure that the pot is very clean, and skim it well, for everything will have a scum rise; and if it boils down, it makes the meat black. All sorts of fresh meat are to be put in when the water boils, but salt meat when the water is cold.

**TO BOIL EGGS.** Try the freshness of eggs by putting them into a pan of cold water. Those that sink the soonest are the freshest.

Never attempt to boil an egg without a watch beside you. Let the water boil before the eggs are put in. In three minutes an egg will boil soft; in four, the white part is completely cooked; in ten, it is hard enough for a salad.

## POULTRY AND GAME.

To roast fowls the fire must be quick and clear. If smoky, it will spoil both their taste and looks. Baste frequently, and keep a white paper pinned on the breast till it is near done.

**TURKEY.** A good sized turkey should be roasted two hours and a half or three hours — very slowly at first. If you wish to make plain stuffing, pound a cracker or crumble some bread very fine, chop some raw salt pork very fine, sift some sage, (and summer-savory, or sweet-marjoram, if you have them in the house, and fancy them,) and mould them all together, seasoned with a little pepper. An egg worked in makes the stuffing cut better.

**BOILED TURKEY.** Clean the turkey, fill the crop with stuff

mg, and sew it up. Put it over the fire in water enough to cover it, let it boil slowly—take off all the scum. When this is done it should only simmer till it is done. Put a little salt into the water, and dredge the turkey with flour before boiling.

**ROAST DUCKS AND GEESE.** Take sage, wash and pick n, and an onion; chop them fine, with pepper and salt, and put them in the belly; let the goose be clean picked, and wiped dry with a cloth, inside and out; put it down to the fire, and roast it brown. Ducks are dressed in the same way. For wild ducks, teal, pigeons, and other wild fowl, use only pepper and salt, with gravy in the dish.

**ROAST CHICKEN.** Chickens should be managed in roasting the same as turkeys, only that they require less time. From an hour to an hour and a half is long enough.

**BOILED CHICKEN.** A chicken should be boiled the same as a turkey, only it will take longer time—about thirty-five minutes is sufficient. Use the same stuffing, if any, and serve it up with parsley, or egg-sauce.

**BROILED CHICKEN.** Slit them down the back and season with pepper and salt; lay them on a clear fire of coals, the inside next the fire till half done; then turn, and broil to a fine brown color. Broil about thirty-five minutes.

**BOILED PIGEONS.** Boil them about fifteen minutes by themselves; then boil a piece of bacon; serve with slices of bacon and melted butter.

☞ Pigeons may be broiled or roasted the same as chickens, only cover the breast with thin slices of fat bacon. When nearly done, remove the bacon, and dredge with flour, and baste with butter. They will cook in about half an hour.

## MEAT GRAVIES.

**BEEF GRAVY.** The gravy which flows from the meat while roasting is the best. Remove the fat and sediment, and season with a little salt. If too thin, dust a spoonful of brown flour.

☞ Veal gravy is made in the same manner, only adding a small piece of butter.

**SAUCE FOR A FOWL.** Stew the neck and gizzard with a small piece of lemon peel, in about a cupful of water; then take the liver of the fowl, and bruise it with some of the liquor; melt a little good butter, and mix the liver and the gravy from the neck and gizzard gradually into it; then give it a boil up and pour it into your dish.

washed in three or four waters. Take them out of the water each time, and not pour it from them.

If salt is used in greens or cabbage, it should be put in while they are boiling.

**BET TOPS AND SPINACH** should be boiled about twenty minutes, in a small quantity of water.

**BOILED POTATOES.** Old potatoes are better to have the skin cut off the seed end, and better still to be pared and put into cold water two or three hours before boiling. Do not boil them in the same water. When a fork will pass through them easily, pour off the water, and hang the kettle over the fire again, uncovered, until the potatoes are quite dry. Some squeeze each one lightly in a dry cloth.

**BAKED POTATOES.** Wash and wipe them before putting them into the oven. Bake from twenty minutes to an hour and a half.

**BEANS and PEAS** should be cooked in soft water. Soak them over night, and then put them over the fire in fresh water, and let them cook very slowly, if you wish to bake them, or they will break to pieces. Change the water two or three times while they are softening. Salt them, and bake them in a deep pan. If baked in a brick oven, they are better to stand in six or eight hours. The water should cover them by an inch when they are set in.

## FRUITS, JELLIES, &c.

**Acid fruits** should be cooked in bright tin, brass, or bell metal, and poured out as soon as they are done. Brown earthen vessels should never be used, as they are glazed with white lead, a poison which very readily unites with an acid.

**STRONG APPLE SAUCE.** Boil down new, sweet cider, till it is nearly as thick when cold as molasses. Pare and quarter your apples, and put them into some hot syrup. Cover and do them over a slow fire, until tender. Put some molasses with the syrup, unless a part of the apples are sweet. This will keep good through the winter.

**BOILED PEARS AND APPLES.** Boil them whole in a small quantity of water, until they begin to soften; then add a little sugar or molasses, and finish.

**RASPBERRY JAM.** Weigh equal quantities of fruit and sugar. Put the fruit into a preserving pan, and mash them with a silver or wooden spoon. Let it boil up, then add the sugar. Stir it well.

**STRAWBERRY JAM** is made the same as raspberry.

**CURRENT JELLY.** Put the currants into a jar, and set them into a kettle of hot water until they become soft, so that you can mash them easily and express the juice. Strain it, and allow a pound of sugar for every pint. Boil them together slowly, skimming well until it becomes ropy.

**CRANBERRY JELLY.** To one quart of berries, put one pint of water and one pint of sugar, and let them boil half an hour without stirring; then take off the jelly with a spoon, and what remains makes good sauce.

**PRESERVES.** A pound of fruit to a pound of sugar is the rule for all preserves.

**PRESERVED CITRON.** Pare and cut open the citron; clean all out except the rind; boil till soft. To a pound of citron add one pound of sugar, and a lemon to each pound; put the sugar and lemon together, and boil it till it becomes a syrup, skimming it well; then put the syrup and citron together, and boil it an hour.

## BREAD, PUDDINGS, PIES, CAKES, &c

**TO MAKE GOOD BROWN BREAD.** Take one quart of Indian meal, and three pints of rye meal; put it into a pan, turn a half cupful of molasses and two tea-spoonfuls of ginger into it. Take some saleratus and dissolve it in warm water, enough to mix the meal rather soft; let it remain in the pan to rise over night. When light enough, put it into pans and bake it. Bread made thus will not sour so quick as when yeast is put into it.

**TO MAKE A CHEAP AND HEALTHY BREAD.** Take a pumpkin and boil it in water until it is quite thick; then add flour so as to make it dough.

**TO MAKE LOAF BREAD, HOT BREAKFAST CAKES, BUCKWHEAT CAKES, &c., superior to anything of the kind before produced.** Mix, dry and well rubbed together, two tea-spoonfuls of cream of tartar, with one quart of flour; then dissolve three fourths of a tea-spoonful of super carbonate of soda in a sufficient quantity of sweet milk; mix the whole together, and bake immediately. If water be used instead of milk, add a little shortening.

**DISPEPSIA BREAD.** Three quarts of unbolted wheat meal, one quart of soft water, one gill of yeast, one gill of molasses, and a tea-spoonful of saleratus.

**BAKER'S GINGERBREAD.** Three fourths of a pound of flour one quart of molasses, one fourth of a pound of butter, one ounce of saleratus, and one ounce of ginger

## BISCUITS.

**SODA BISCUIT.** Take one quart flour, two tea spoonfuls cream of tartar, one tea-spoonful salt, one of saleratus or soda, small piece of butter for shortening. Mix with water.

**MUFFINS.** A quart of milk, two eggs, two spoonfuls of yeast, two pounds of flour, a lump of butter size of an egg — which is to be melted in the milk — and a little salt; the milk is to be warmed, and the ingredients added. Let it rise, and then turn the mixture into buttered pans, and bake to a light brown.

## PUDDINGS.

### RULES TO BE OBSERVED IN MAKING PUDDINGS.

1. For boiling puddings there should be a tin form, or a muslin bag. The former should have a closely fitting cover; the latter should first be dipped in boiling water, and then well floured on the inside, to prevent the pudding sticking to the cloth; the tin form should first be rubbed over with suet or butter, before putting in the pudding.

2. Tie batter puddings very close.

3. Bread puddings, or those made of corn meal, should be loose, as they swell very much in boiling.

4. The water must be boiling when the pudding is put in.

5. The pudding, if boiled in a bag, must be turned frequently whilst boiling, otherwise it will stick to the pot.

6. There must be enough water to cover the pudding, and the water must be kept boiling all the time.

7. If boiled in a tin, do not let the water reach the top of it. When the pudding is done, give whatever it is boiled in one sudden plunge into cold water, and turn it out immediately. If it is not to be served soon, lay the cloth in which it was boiled over it. It is best to serve as soon as turned out.

8. Baked puddings, bread, Indian meal, or custard, require a moderate heat. Batter or rice, a quick oven.

**BAKED INDIAN PUDDING.** Scald a quart of milk, and stir in seven table-spoonfuls of Indian meal, a tea-spoonful of salt, a tea-cup of molasses, and a table-spoonful of ginger or cinnamon. Bake three or four hours. If you want whey, you must pour in a little cold milk after it is all mixed.

**BAKED RICE PUDDING.** Swell a coffee-cup of rice, add a quart of nice milk, sweeten it with brown sugar, and bake it about an hour in a quick oven.

**PLUM PUDDING.** Pound six crackers, and soak them over

night in milk enough to cover them ; then add three pints of milk, four or five eggs, one half pound of raisins, and spice it with nutmeg ; sweeten it with sugar and molasses. Bake about two hours.

**CUSTARD PUDDING.** Take five eggs to a quart of milk, sweetened with brown sugar or molasses ; spice with cassia or nutmeg ; a little salt. Bake fifteen or twenty minutes.

**BATTER PUDDING.** Beat up from four to six eggs with a quart of milk ; add a little salt, and flour enough to make it pour with ease. Boil three quarters of an hour.

**TAPIOCA PUDDING.** Pick and wash a coffee-cupful of tapioca, and pour upon it a pint of boiling milk. After standing half an hour, add another pint of cold milk, with sugar, and raisins if you like.

**STEAM PUDDING.** Pare and slice ten or twelve apples ; put them in a kettle with a little water, say a gill, make a crust the same as for soda biscuit, and cover the apples ; close the kettle so that no steam can escape. Cook in about twenty minutes. Eat with sauce. This is a very cheap, wholesome, and agreeable pudding.

## SAUCES AND CREAMS FOR PUDDINGS.

1. Take equal quantities of sugar and molasses, boil them together, and stir in a little flour.

2. Take the juice of an orange, a cup of sugar, and the same of good cream.

3. Good sour cream, made very sweet with sugar, with or without seasoning, makes an excellent sauce.

4. Beat two eggs well, then add a cup of stewed apple and a cup of sugar. Beat all well together.

## PIES.

**MINCE PIES.** Take one quart of wheat or rye bread, and one quart of sour apples, after they are chopped fine, one pint of sugar-house molasses, one pint of cream or milk, one pint of chopped raisins, two large spoonfuls of cinnamon, one tea-spoonful of salt, the juice of six lemons, and the rind of one grated.

**APPLE PIES.** Peel and stew the apples, mash them fine, with sugar, a little butter and grated nutmeg, or lemon peel ; bake in a rich crust and quick oven, but not hot enough to scorch.

**CUSTARD PIES.** Allow six or eight beaten eggs to a quart

of milk, and sweeten with sugar. Do not bake them too much. It is a good plan to put the crust on the plates, prick and bake them, before pouring in the custard.

**CRANBERRY TARTS.** Put two pounds of sugar into two quarts of cranberries, wet with water, and stew them until done. When wanted for use, put them on a puff-paste crust.

**SQUASH PIES.** Boil and sift the squash, and make them exactly like pumpkin pies.

Carrot and sweet potato pies are made in the same way with crackers; eggs or rice should always be used with them.

## CAKES

### RULES TO BE OBSERVED IN CAKE-MAKING.

1. In making cakes, if you wish them to be pleasing to the eye, as well as the palate, use double-refined white sugar; although clean brown sugar makes an equally good cake.

2. None but good sweet butter should be used for cake-making; if the butter should be a little salt it will do no harm. Butter in the least degree rank or strong will spoil any cake.

3. Cake mixture cannot be beaten too much.

4. An oven, to bake well, must have a regular heat throughout.

5. An earthen basin is the best for beating eggs or cake mixture in.

6. To ascertain whether a cake is done, if it is a small one, take a broom splint and run it through the thickest part; if it is not done, there will be some of the dough sticking to it; if done, it will come out clean.

7. Cakes to be kept should be folded in a linen napkin, and put in a stone jar.

**SUPERIOR INDIAN CAKE.** Take two cups of Indian meal, one table-spoonful of molasses, two cups of milk, a little salt, a handful of flour, and a little saleratus; mix thin, and pour it into a buttered bake-pan, and bake half an hour.

**NUT CAKES.** Take one pound of flour, one quarter of a pound of butter, same of sugar, five eggs, and spice to your taste.

**SEED CAKE.** One tea-cup of butter, two cups of sugar, rubbed into four cups of flour; mix with milk hard enough to roll; half a tea-spoonful of saleratus; seeds to your taste.

**SPONGE CAKE.** Sift one pound of flour and one pound loaf sugar; take the juice of one lemon, beat ten eggs very light,



**MIX** them well with the sugar, then add the lemon and flour. If baked in a pan, two hours is necessary.

**LOAF CAKE.** Take two pounds of flour, half a pound of sugar, a quarter of a pound of butter, three eggs, one gill of milk, one half tea-cupful of sweet yeast, cloves and nutmeg for spice

**POUND CAKE.** One pound of flour, one pound of sugar, one of butter, ten eggs, rose water and nutmeg.

**WEDDING CAKE.** Take four pounds of flour, three of butter, three of sugar, four of currants, two of raisins, two of eggs, one ounce of mace, and three nutmegs; a little citro and molasses improves it. Bake about three hours.

## DEPARTMENT OF SICK COOKERY.

**IF** In making porridge, always wet the flour or meal in a part of the water; boil the remainder, and stir the thickening into it, and when it is sufficiently cooked, add the milk, and let it boil up once. Wheat meal will boil in three minutes, Indian meal and ground rice in six or eight minutes.

**COMMON MILK PORRIDGE.** Three or four spoonfuls of wheat meal, or Indian meal and flour, one pint of water, and one quart of milk.

**GRUEL.** Indian, rye, oat and wheat meal, and rice, are used for gruel. Wet two or three spoonfuls with water, and stir it into a quart of boiling water, and boil until they are well cooked. Indian meal should boil full half an hour.

**BEEF TEA.** Cut a pound of good beef into thin slices; simmer in a quart of water twenty minutes, after it has once boiled and been skimmed; season it if you wish, and add salt.

**BEEF GRUEL.** Take two pounds of lean beef, five quarts of water simmered down to three quarts; add half a cup of rice and a little salt. Veal or mutton is prepared the same way.

Weak persons may take eggs in the following manner. Beat an egg very fine, add some sugar and nutmeg; pour upon it a gill of boiling water, and drink it immediately.

**A VERY SUPPORTING BROTH AGAINST ANY KIND OF WEAKNESS.** Boil two pounds of loin of mutton, with a very large handful of celery or an onion, in two quarts of water to one. Take off part of the fat. Any other herbs or roots may be added. Take half a pint three or four times a day.

**SIPPETS, WHEN THE STOMACH WILL NOT RECEIVE MEAT** On an extremely hot plate put two or three slices of stale bread, and pour over them some gravy from beef, mutton, or veal, with which no butter has been mixed. Sprinkle a little salt over them

**RICE CAUDLE.** Boil a quart of water, and pour into it a tea-cupful of ground rice, mixed with a little cold water; when of a proper consistence, add sugar, lemon peel, and cinnamon. Boil all smooth.

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## DRINKS FOR THE SICK AND CON- VALESCENT.

**LEMON WATER, A DELIGHTFUL DRINK.** Put two slices of lemon, thinly pared, into a tea-pot, a little bit of the peel, and a bit of sugar, or a large spoon of capillaire; pour in a pint of boiling water, and stop it close two hours.

**APPLE WATER.** Cut two large apples in slices, and pour a quart of boiling water on them, or on roasted apples; strain them after they have stood two or three hours, and sweeten lightly.

**A REFRESHING DRINK IN A FEVER.** Put a little tea-sage, two sprigs of balm, a little wood-sorrel, into a stone jug, having first washed and dried them; peel thin a small lemon, and clear from the white; slice it, and put a bit of the peel in; then pour in three pints of boiling water, sweeten and cover it close.

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## YEASTS.

In summer, bread should be mixed with cold water; in damp weather, the water should be tepid; and in cold weather, quite warm. If the yeast is new, a small quantity will make the bread rise. In the country, yeast cakes are found very convenient, but they seldom make the bread as good as fresh, lively yeast.

**POTATOE YEAST.** Boil potatoes soft, peel and mash them, and add as much water as will make them of the consistence of common yeast; while the potatoes are warm, put in half a tea-cupful of molasses, and two table-spoonfuls of yeast. Let it stand near the fire until done fermenting, when it will be fit for use.

**HOP YEAST.** In two quarts of water boil a handful of hops, strain, and pour the liquor hot upon half a tea-cupful of wheat flour. When about milk-warm, add a tea-cupful of yeast. Let it ferment, when it will be ready for use and may be bottled.

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## TEA COFFEE, &c.

**TEA.** Scald the tea-pot with boiling water, then put in the tea. Pour on the water—it must be boiling hot—and let the tea steep about two minutes. A tea-spoonful of tea to a person is the rule.

**DELICIOUS COFFEE.** Grind the coffee just before making. Allow about two spoonfuls to a person. Put it in a basin, and into it an egg, yolk, white, shell and all. Mix it up with the spoon to the consistence of mortar; put warm, not boiling water, in the coffee pot; let it boil up and break three times; then stand a few minutes, and it will be as clear as amber, and the egg will give it a rich taste.

**COCOA SHELLS.** Let the shells be soaked over night, then boil them in the same water in the morning. They are considerably nutritious, and allowed to be healthy, and are cheap.

## PICKLES AND CATCHUPS.

**Kettles** of block tin, or lined with porcelain, are the best for pickling. Iron discolours the acid, and the verdigris, produced by the vinegar on brass, copper, or bell-metal, is extremely poisonous. If, after keeping the pickles any time, you discern any symptoms of their not keeping well, boil them over again with fresh vinegar and spice. The jars in which pickles are kept should always be full enough of vinegar to cover the pickles. Vinegar for pickles should only boil five or six minutes.

A method of pickling cucumbers, which is good, is to put them in salt and water as you pick them, changing the salt and water once in three or four days. When you have done collecting your cucumbers for pickling, take them out of the salt and water, turn on scalding hot vinegar, with alum and salt in it.

**TO PICKLE VEGETABLES.** Soak them for about one day in brine, then drain them, put them into bottles, and pour on them boiling vinegar, until quite covered. Cork immediately.

**TOMATO PICKLES.** Take one peck of tomatoes gathered green, and one third as many peppers, soak them in cold water twenty-four hours; cold sharp vinegar enough to cover, with one ounce of bruised cloves to a gallon of vinegar. Tomatoes pickled in this way will keep one year.

**PEPPERS.** Take those that are fresh and green, soak them in salt and water eight or nine days, changing the brine each day, and keeping them in a warm place. If they are not wanted very fiery, make a slit in them and extract the seeds.


**TOMATO CATCHUP.** Take six pounds of tomatoes, and sprinkle with salt: let them remain a day or two, then boil, and press through a coarse sieve or culender. Put into the liquor half a pint of vinegar, cloves, pepper, ginger, and cinnamon; boil them one third away. Bottle tight. It should be shaken before being used.

# CHOICE MEDICAL COMPOUNDS,

## VALUABLE TO EVERY FAMILY

### PART VI.

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 THE following recipes may be relied upon as being genuine, they have been often proved, and never disappointed the expectations of any one.

#### WORM ELIXIR.

Take one ounce saffron, one ounce aloes, one ounce myrrh. steep the myrrh four days in half pint rum or brandy, then add the saffron and aloes.

*Dose*, — Give a tea-spoonful once a month to children, and they will never be troubled with worms.

#### OPODELDOC.

Take common white soap three ounces; camphor one ounce; oil of origanum half an ounce; alcohol one pint. Cut the soap and dissolve it in the alcohol, in which the other articles have been previously dissolved, and cool it in wide-mouthed vials for use.

#### PAREGORIC.

Take opium one drachm; flowers of benzoin one drachm, camphor two scruples; oil of anise one drachm; liquorice one ounce; spirits one quart.

*Dose*, — A tea-spoonful for an adult; half, for a child two years old.

#### GRAND FAMILY SANATIVE.

Gum aloes half an ounce; rhubarb one ounce; ginger one ounce; myrrh one drachm; cayenne pepper one tea-spoonful; spirits one quart. Steep twenty-four hours, then add a tea-spoonful of sugar, and half a pint of water.

*Dose*, — Take from one to two large table-spoonfuls half an hour before eating. Good for dyspepsia and all derangements of the stomach, in children or adults.

## HEART-BURN LOZENGES.

Take prepared chalk four ounces; crab's-eyes prepared two ounces; bole ammoniac one ounce; make into a paste with dissolved gum arabic.

## SEIDLITZ POWDERS.

Fold in a paper one drachm of Rochelle salts; in a paper a mixture of twenty grains of tartaric acid, and two five grains of carbonate of soda. Dissolve their contents in separate tumblers, not half full of water, then pour the one into the other. Drink while foaming.

## SODA WATER.

Take one third of a tea-spoonful of carbonate of soda, and half that quantity of tartaric acid, loaf sugar to make it pleasant. Dissolve the soda first, and drink while it foams.

## ALL-HEALING SALVE.

Take equal parts of rosin, beeswax, and sweet oil; melt and mix, stirring until cool. This is a good healing salve for all common sores; but if a more healing remedy is needed, add to this, when almost boiling hot, two pounds of red lead; when almost cold, add half an ounce of pulverized camphor. This should be spread thin, and renewed once or twice a day.

## RHEUMATIC TINCTURE.

Take camphor two drachms; gum guaiacum one ounce; nitre one ounce; balsam Tolu two drachms; spirits one quart, mix well.

*Dose*,—Half a tea-spoonful in a little water three or four times a day.

## SPASMODIC, OR CRAMP TINCTURE

Take four ounces of camphorated spirits; four ounces of essence of peppermint; half an ounce of spirits of ammonia, one tea-spoonful of cayenne pepper, and two of ginger.

*Dose*,—According to age and urgency of disease; say table-spoonful at first, and a tea-spoonful every half hour afterward, till the pain abates. Dilute with a little water.

## DYSENTERY AND DIARRHŒA CORDIAL.

Take rhubarb one ounce; saleratus one tea-spoonful; pour

on them a pint of boiling water. When cold, two tea-spoonfuls of essence of peppermint.

*Dose*, — Tea-spoonful once in fifteen minutes, till the symptoms abate.

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### VOLATILE LINIMENT.

Take one ounce of spirits of ammonia or hartshorn, and add sweet oil until it is as thick and looks like cream. This is good for an external application in all swellings and inflammations.

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### BALSAM OF HONEY.

Take of balsam of Tolu two ounces; gum storax two drachms; opium two drachms; honey eight ounces. Dissolve these in a quart of spirit of wine. This balsam is very useful in hoarseness, and allaying irritations of the lungs. It will often cure a cough that is alarming.

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### TOOTH-ACHE PASTE.

Take gum of opium, gum camphor, and spirits of turpentine, equal parts; rub them in a mortar to a paste. Put in the hollow of the tooth. This, it is said, will cure, and prevent from ever aching.

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### PLASTER FOR WHITE SWELLINGS.

Melt together in an iron ladle, or earthen pipkin, two ounces of soap and half an ounce of litharge plaster. When nearly cold, stir in a drachm of sal ammoniac, in fine powder; spread upon leather, and apply to the part affected.

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### DYSPEPTIC BITTERS.

Take four ounces of golden seal, two ounces of bitter root, four ounces of poplar bark, four ounces of peach-meats; add two quarts of water and two quarts of gin. Good in dyspepsia, weakness of the stomach, &c.

*Dose*, — Two thirds of a wine-glass before eating.

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### TINCTURE OF LOBELIA.

This is made by putting two ounces of the dried herb and seeds together, in a pint of common gin. Let it stand a week, when it will be fit for use. For children, from one to two tea-spoonfuls is a dose; and for adults, from a half to a whole wine-glassful, always repeating the dose every fifteen or twenty

minutes, till it vomits. A little warm saleratus water will promote the operation of it, whenever desired.

### HOT DROPS.

This is made by adding three fourths of a pound of best gum myrrh, pulverized, and one ounce of African cayenne, to one gallon of alcohol, or fourth proof brandy.

### COMPOSITION.

Take one pound of bayberry bark, eight ounces of ginger, two ounces of cloves, two ounces of cayenne, and mix them well together.

### SWEET TINCTURE OF RHUBARB.

Rhubarb, in coarse powder, two ounces; liquorice root one ounce; anise seed, bruised, one ounce; fine white sugar two ounces; new rum, three pints. Digest in a warm place one week, then strain.

*Dose*, — For an adult, from a half to a whole wine glassful.

### NERVE OINTMENT.

Neatsfoot oil a gill; spirits of turpentine one ounce; beef's gall one ounce; brandy half a pint. Simmer till mixed, and bottle for use. It is excellent for rheumatism, and perishing or contracted limbs.

### LINIMENT,

Of most excellent kind, is made by incorporating two ounces of camphor; six ounces of spirits of wine; and then adding two ounces spirits sal ammoniac, and two drachms oil of lavender.

### STOMACH PLASTER FOR A COUGH.

Take beeswax, Burgundy pitch, and rosin, each an ounce; melt them together in a clean pipkin, and then stir in three quarters of an ounce of common turpentine, and half an ounce of oil of mace. Spread it on a piece of sheep's leather. grate some nutmeg over the whole plaster, and apply it quite warm to the region of the stomach.

### PULMONIC SYRUP.

Take six ounces of comfrey roots, and twelve handfuls of

plantain leaves; cut and beat them well; strain out the juice and, with an equal weight of sugar, boil it up to a syrup. This is said to be an infallible cure for coughing blood.

### TO REMOVE FRECKLES.

Take two ounces of lemon juice, a half drachm of powdered borax, and one drachm of sugar; mix together, and let them stand in a glass bottle for a few days; then rub it on the hands and face occasionally.

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## INDIAN RECIPES.

### PART VII.

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THESE recipes have been collected with great care, and are alone worth double the price of this book.

#### A CERTAIN CURE FOR A COMMON COLD.

Boil a common sized turnip, put it into a saucer, and pour upon it half a cup of molasses, and let it stand fifteen minutes then turn off the syrup, at the same time squeezing the turnip so as to express its fluid. The syrup to be drank warm on going to bed.

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#### CURE FOR THE LOCKJAW.

Band upon the wound, and in close contact with it, a common cent, or any piece of copper. It will give immediate relief. Tarnished copper is best.

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#### DROPSY ON THE CHEST.

Take a quarter pound of dried milk-weed, cut small; pour on it a quart of boiling water, simmer to one pint; when cool, add a pint of best Holland gin; pour both liquor and roots into a decanter, cork it tight, and let it stand twelve hours.

*Dose.* — For an adult, half a wine-glassful every three hours, day and night. If it nauseate too much, the dose may be varied. Effect seen in three or five days. This has been repeatedly tried, and was seldom known to fail.



## CURE FOR A WEAK STOMACH AND DYSPEPSIA.

Take a demijohn half full of wild cherries, and fill up the demijohn with pure *old Jamaica spirits*. Take half a wine-glassful twice a day. Use no sugar, as it destroys the tonic properties of the cherries. This preparation has accomplished wonders in restoring the sick.

## SORE THROAT.

Inhale through a tunnel the steam of hot vinegar, in which sage leaves have been steeped.

## A MEDICINE TO CURE INWARD UL- CERS.

Sassafras root bark two ounces; coltsfoot root two ounces; blood-root one ounce; gum myrrh one ounce; winter bark one ounce; socotrine aloes one ounce; steep them in two quarts of spirits, and drink a small glass every morning.

## FOR THE BILIOUS COLIC.

Take West India rum one gill; West India molasses one gill; of hog's lard one gill; and the urine of beast one gill. Simmer well together. This composition will seldom fail of performing an effectual cure for life.

## FOR A HECTIC COUGH.

Take three yolks of hen's eggs, three spoonsful of honey, and one of tar; beat well together; add one gill of wine. Take a tea-spoonful three times a day before eating.

## REMEDY FOR WEAKNESS IN THE URINE VESSELS.

Steep two ounces of good red bark in one quart of wine for twenty-four hours; let the patient drink a table-spoonful if two or three years old; if older, a little more.

## SALVE FOR A BURN.

Take wild lavender, the green of elder bark, camomile and parsley, and stew them in fresh butter; strain off, and add to i beeswax, rosin, and white diachylon, equal parts.

## A CURE FOR GRAVEL IN THE BLADDER OR KIDNEYS.

Make a strong tea of the herb called heart's-ease — drink plenty. Or, take the root of Jacob's ladder, and make a very strong tea, and drink plenty. It is a certain remedy.

## FOR THE RATTLES IN CHILDREN.

Take blood-root, powder it, give the patient a small teaspoonful at a dose; if the first does not break the bladder in half an hour, repeat again three times. This has not been known to fail curing.

## CURE FOR THE ITCH.

Take half a pound hog's lard, four ounces spirits turpentine, two ounces flour sulphur, and mix them together cold. Apply it to the ankles, knees, wrists, and elbows, and rub it in the palms of the hands, if there be any raw spots. Apply a little three nights when going to bed.

## CURE FOR CORNS ON THE FEET OR TOES.

Take white pine turpentine, spread a plaster, apply it to the corn, let it stay on till it comes off of itself. Repeat this three times.

## FOR THE DROPSY.

Half a pound of blue flag-root, same of elecampane-root, boiled in two gallons of fair water to one quart, sweetened with one pint of molasses. Let the patient take half a gill three times a day before eating.

## A CURE FOR THE FLYING RHEUMATISM.

Prince's pine tops, horseradish roots, elecampane-roots, prickly-ash bark, bittersweet bark off the root, wild-cherry bark and mustard seed — a small handful of each; one gill of tar water into one pint of brandy, or in the same proportion. Drink a small glass before eating, three times a day.

## CURE FOR THE SALT-RHEUM.

Take swamp sassafras bark, boil it in water very strong take some of the water and wash the part affected; to the remainder of the water add hog's lard, simmer it over a moderate

fire till the water is gone. Anoint the part affected after washing. Continue four days. Never fails of a cure.

### A CURE FOR BLEEDING AT THE STOMACH.

Take a pound of yellow dock-root, dry it thoroughly, pound fine, boil it in a quart of sweet milk, and strain off. Drink a gill three times a day. Take also a pill of white pine turpentine every day, to heal the vessels that leak.

## HOUSEWIVES' OR FAMILY RECEIPTS.

THESE RECEIPTS HAVE ALL BEEN PROVED.

1. TO WASH WHITE MERINO SHAWLS. Wash the shawl in fair suds made beforehand, rub no soap on the shawl, rinse in clear warm water, with two changes if you please; then take a solution of gum arabic, and add to it warm water till you think it will produce a little stiffness like starch when dry. Press with a moderately hot iron, before quite dry, laying a clean cotton or linen cloth between the iron and the shawl.

2. TO CLEANSE BLACK VEILS. Pass them through a liquor of beef's gall and water; then take a small piece of glue, pour boiling water on it, and pass the veil through it; clay and frame it dry, and it will be as beautiful as new.

3. TO CLEAN BRITANNIA OR SILVER. Simple whiting, powdered, and moistened with alcohol, is the best article ever used.

4. TO DESTROY RED ANTS. Crack shagbark walnuts, and lay where you wish to collect them, and then wet the cracks where they come with corrosive sublimate.

5. TO TAKE OUT GREASE SPOTS FROM SILKS, COTTON, OR WOOLLEN. Pulverize fine new pipe-stems or pipes, lay it on the spot, put a brown paper, when you can, under the cloth.

and one over the powder, set on it a warm iron, and it will extract all the grease, if it remains sufficiently long.

6. TO CLEAN BED TICKS, HOWEVER BADLY SOILED. Apply Poland starch, by rubbing it on thick with a wet cloth. Place it in the sun. When dry, rub it in with the hands; repeat it if necessary. The soiled part will be as clean as new.

7. TO PREVENT LAMPS FROM SMOKING. It is very often difficult to get a good light from a lamp, and yet keep it from smoking; but if the wick is first soaked in strong vinegar, and then thoroughly dried, this annoyance will be prevented. Still the wick must not be put up too high.

8. TO TAKE MILDEW OUT OF LINEN. Take soap and rub it well; then scrape some fine chalk, and rub that also in the linen. Lay it on the grass; as it dries wet it a little, and it will soon come out.

9. TO TAKE STAINS OUT OF MAHOGANY. Spirits of salts, six parts; salts of lemon, one part. Mix, then drop a little on the stains, and rub them until they disappear.

10. TO RESTORE COLORS TAKEN OUT BY ACIDS. Sal-volatile or hartshorn will restore colors taken out by acids. It will not harm the garment.

11. TO SET COLORS FAST IN CALICO AND OTHER GOODS. Ox's gall will set the colors of any goods, whether silk, woollen, or cotton. Dissolve one table-spoonful of gall in a gallon of warm water, and wash the article in it, without soap. The gall is a cheap article, and a bottle of it should be kept by every family.

## TO MAKE A VARIETY OF COLORS.

### GENERAL RULES.

1. The materials should be clean, rinsed with soap, and entirely wet, that they may not spot.

2. Light colors should be steeped in brass, tin, or earthen, and if set at all, with alum.

3. Dark colors should be steeped in iron, and set with cop-pers.

12. GREEN. For every pound of yarn or cloth add two and a half ounces of alum, and one pound of fustic. Steep in the strength, but not boil; soak the cloth until it comes to a good

**yellow color** then throw out the chips, and slowly add indigo in proportion to the green you wish to obtain.

13. **ROSE.** Steep balm blossoms in earthen or tin; add a small quantity of alum to set the color.

14. **STRAW.** Steep saffron blossoms in water, in earthen or tin. Set it with alum.

15. **SKY BLUE.** Twelve or sixteen drops of the blue composition, to be had at the druggist's, poured into a quart bowl of soft warm water, will dye a great many articles. If you want a deeper color, add a few drops more of the composition. If you wish to color cotton goods, put in pounded chalk to destroy the acid, which is very destructive to all cotton. Let it stand until the effervescence subsides, and then it may be safely used for cotton as well as silk. The old colors should be all discharged by soap or a strong tartaric acid water, then rinse.

16. **NANKIN.** The simplest way is to take a pailful of lye, to which put a piece of copperas half as big as a hen's egg. Boil in copper or tin kettle.

17. **LILAC.** Take a little pinch of Archil, and put some boiling hot water upon it; add to it a very little lump of pearlash. Shades may be altered by pearlash, common salt, or wine.

18. **SLATE.** Tea grounds, boiled in iron vessels, set with copperas, makes a good slate color. To produce a light slate color, boil white maple bark in clear water, with a little alum. The bark should be boiled in a brass utensil. The goods should be boiled in it, and then hung where they will drain and dry.

19. **ROYAL PURPLE.** Soak logwood chips in soft water until the strength is out, then add alum, a tea-spoonful to a quart of the liquor. If this is not bright enough, add more alum. Rinse and dry. When the dye is exhausted, it will color a fine lilac.

20. **RED.** Steep balm blossoms in water, in earthen or tin, and vary the shade with a decoction of logwood.

21. **BLACK** Boil logwood in cider or vinegar, in iron vessels. One pound of logwood to one pailful of water; add a little copperas to set the color.

22. **SOFT SOAP.** Ten pounds of potash mixed in ten gallons of warm water, over night; in the morning boil it, adding six pounds of grease; then put it in a barrel, adding fifteen gallons of warm water.

**23. HARD SOAP.** One pound of salt of soda, two pounds of hard soap, five quarts of water; boil down to three quarts, let it stand until cold, then cut it in slices to dry.

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**24. LABOR-SAVING SOAP.** Take two pounds of sal soda, two pounds of yellow bar soap, and ten quarts of water. Cut the soap in thin slices, and boil together two hours; strain, and it will be fit for use. Put the clothes in soak the night before you wash, and to every pail of water in which you boil them, add a pound of soap. They will need no rubbing; merely rinse them out, and they will be perfectly clean and white.

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**25. To PRESERVE CHEESE.** Cover them carefully with paper put on with flour paste, so as to keep out the air. In this way they may be kept free from insects for years. Keep them in a cool, dry place.

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**26. To DESTROY BEDBUGS.** Rub the bedsteads well with lamp oil; this alone is good, but to make it more effectual, get a sixpence worth of quicksilver and add to it. Put it into all the cracks around the bed, and they will soon disappear. The bedsteads should first be scalded, and wiped dry, then put on with a feather.

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**27. To CLEANSE FOUL CASKS.** Fill them with meal, or bran, and water, and let them stand till fermentation takes place; it will entirely cleanse them without expense, as the mixture is afterward better food for swine than before.

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**28. To PRESERVE HAMS.** Hams, after being well salted and smoked, may be preserved sweet a year by packing them down in oats.

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**29. METHOD OF CLEANING CHINA.** Mix a little pearlash, or potter's clay, or soda, with your water, and it will give them a bright appearance.

## SECRETS AND PATENTS IN THE USEFUL ARTS REVEALED.

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**TO PREPARE A TRANSPARENT PAPER FOR DRAWING.** Have one or several sheets of fine and very thin paper, and rub them over with oil or spirits of turpentine, mixed in double the quantity of the oil of nuts. To cause the paper to imbibe this mixture, dip a sponge or feather in it, which you will pass on both sides of the paper, and let it dry.

When you want to use it, lay it on a print. Then, with a brush, a pencil, or a pen, pass over all the strokes, lines and turns of the design laid under. You may even thus learn to shade with neatness, if you wash that same design, while fixed on the original print, with India ink.

By practising often you may learn to draw very neatly, and even with boldness. This method will certainly prove very useful and entertaining for those who have not the patience to learn in the common way.

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**TO TAKE OFF INSTANTLY THE COPY OF A PRINT.** Make a water of soap and alum, with which wet a cloth or paper, lay it on a print or picture, and pass it once under the rolling press, and you will have a very fine copy of whatever you shall have laid it upon. Some other powerful pressure will produce the same result.

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**A VARNISH TO PREVENT THE RAYS OF THE SUN FROM PASSING THROUGH WINDOW OR OTHER GLASS.** Pound gum adragant into powder, and put it to dissolve for twenty-four hours in whites of eggs well beaten. Lay a coat of this on your glass with a soft brush, and let it dry.

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**TO MAKE A CHEAP, BEAUTIFUL GREEN PAINT, FOR WALLS.** Take four pounds of Roman vitriol, and pour on it a tea-kettle full of boiling water, when dissolved, add two pounds of pearl-ash, and stir the mixture well with a stick, until the effervescence ceases; then add a quarter of a pound of pulverized yellow arsenic, and stir the whole together. Lay it on with a paint-brush, and if the wall has not been painted before two or

even three coats will be requisite. If a pea-green is required put in less, and if an apple-green, more, of the yellow arsenic. The cost of this paint is less than one fourth of oil color, and the beauty far superior.

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**A STRONG PASTE FOR PAPERING ROOMS, AND OTHER USEFUL PURPOSES.** Take wheat flour, and mix with it a fourth, fifth or sixth of its weight of powdered resin or rosin; and when it is wanted still more tenacious, mix with it gum arabic, or any kind of size. Stir the whole in enough water to make a very thin batter, which is boiled until it is of a viscid consistence.

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**TO MAKE PAINT WITHOUT WHITE LEAD AND OIL.** Take two quarts of skimmed milk, two ounces fresh slacked lime, and five pounds of whiting. Put the lime into a stone ware vessel, pour upon it a sufficient quantity of milk to make a mixture resembling cream; the remainder of the milk is then to be added; and lastly the whiting is to be crumbled and spread on the surface of the fluid, in which it gradually sinks. At this period it must be well stirred in, or ground as you would other paint, and it is fit for use. You may add any coloring matter that suits the fancy.

It is to be applied in the same manner as other paint, and in a few hours it will become perfectly dry. Another coat may then be added, and so on until the work is completed to your liking. This paint is of great tenacity, and a slight elasticity, which admits of being rubbed hard, even with a coarse woollen cloth, without being injured in the least.

It has little or no smell when wet, and when dry is perfectly inodorous. It is not subject to be blackened up by sulphurous vapors, and it is not injurious to the health, all which qualities give it a decided preference. The above will cover twenty-seven square yards once over.

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**TO MAKE WATER OIL, FOR PAINTERS.** Take eight pounds of pure unslacked lime, add twelve quarts of water; stir it and let it settle, turn it off gently, and bottle it; keep it corked till used. This will mix with oil, and, in proportion of half, will ~~make~~ paint more durable.

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**THE BEST SHAVING SOAP EVER INVENTED.** Take four pounds white bar soap, one quart rain-water, one half pint beef's gall, one gill spirits of turpentine. Cut the soap into thin slices, and boil five minutes after the soap is dissolved; stir while boiling



color it with one half paper vermilion ; scent with what you like ; use the oil instead of essence. Seventy-five cents' worth of materials will make seven dollars' worth of soap.

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**WHITE SPRUCE BEER.** Three pounds of loaf sugar ; five gallons of water, with enough of essence of spruce to give it a flavor ; a cup of good yeast ; a little lemon peel, if you choose ; and when fermented bottle it up close. It is a delightful beverage in warm weather.

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**IMPERIAL GINGER POP.** Take cream tartar one pound ; ginger one and a half ounce ; white sugar seven pounds ; essence lemon one drachm ; water six gallons ; yeast half a pint. Mix. Tie the corks down.

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**VOLATILE SOAP, FOR REMOVING PAINT, GREASE SPOTS, &c.** Four table-spoonfuls of spirits of hartshorn, four table-spoonfuls of alcohol, and a table-spoonful of salt. Shake the whole well together in a bottle, and apply with a sponge or brush.

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**POWDER FOR REMOVING SUPERFLUOUS HAIR.** Powdered quicklime two parts ; sulphuret of arsenic one part ; starch one part. Mix in fine powder, and keep in a close vessel.

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**FRENCH ROSE POMATUM.** White wax one pound ; lard three pounds ; suet three pounds. Melt, and when partly cold, stir in rose-water one pint ; ottar of rose forty drops. The appearance of this pomatum is much improved by giving it a pink color.

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**TO MAKE A POWDER, BY WHICH YOU MAY WRITE WITH WATER.** Bruise to powder a handful of galls, half an ounce of vitriol, an ounce of gum arabic and gum sandrick. Mingle them finely sifted together, then rub your paper with a little of it, laid upon cotton wool ; and, having smoothed it, take water and write upon the paper ; then suffering it to dry, it will be black.

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**CHEAP AND EXCELLENT BLUE COLOR FOR CEILINGS, &c.** Boil slowly, for three hours, a pound of blue vitriol, and half a pound of the best whiting, in about three quarts of water ; stir it frequently while boiling, and also on taking it off the fire. When it has stood till quite cold, pour off the blue liquor ; then mix the cake of color with good size, and use it with a plasterer's

brush in the same manner as white-wash, either for walls or ceilings.

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**COMMON SMALL BEER.** A handful of hops to a pailful of water; a pint of bran, and half a pint of molasses; a cup of yeast and a spoonful of ginger.

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**ROOT BEER.** Take a pint of bran, a handful of hops, some twigs of spruce, hemlock or cedar, a little sassafras, or not, as you have it; roots of various kinds, plantains, burdocks, dock, dandelions, &c.; boil and strain; add a spoonful of ginger molasses to make it pleasant, and a cup of yeast. When you want it soon, let one bottle stand where it is warm, and the rest will work cold. This for a gallon.

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**FOR INDELIBLE INK.** To four drachms of lunar caustic in four ounces of water, add sixty drops of nutgalls made strong by being pulverized and steeped in soft water. The mordant which is to be applied to the cloth before writing, is composed of one ounce of pearlash dissolved in four ounces of water, with a little gum arabic dissolved in it. Wet the spot with this, dry and iron the cloth, then write.

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**FOR RED MARKING INK.** Half an ounce of vermilion, one drachm of salt of steel, finely levigated with linseed oil to a proper consistency.

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**INK POWDER FOR IMMEDIATE USE.** Reduce to powder ten ounces of gallnuts, three ounces of green copperas, two ounces each of powdered alum and gum arabic. Put a little of this mixture into white wine, and it will be fit for immediate use.

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**TO MAKE INK FOR MARKING LINEN WITH TYPE.** Dissolve one part of asphaltum, in four parts of oil of turpentine; add lamp-black or black lead in fine powder, in sufficient quantity to render of proper consistence to print with type.

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**UNSURPASSABLE BLACKING.** Put one gallon of vinegar into a stone jug, and one pound of ivory black well pulverized, a half pound of loaf sugar, a half ounce of oil of vitriol, and six ounces of sweet oil; incorporate the whole by stirring.

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**TO MAKE COLOGNE WATER.** Take a pint of alcohol, and put in thirty drops of oil of lemon, thirty of bergamot, and half

a gill of water. If you desire musk, or lavender, add the same quantity of each. The oils should be put in the alcohol and shook well, before the water is added. Bottle it for use.

**ESSENCES.** An ounce of oil to one pint of alcohol, is about a fair proportion. Let them be well shaken together.

**TO MAKE SARSAPARILLA MEAD.** One pound of Spanish sarsaparilla; boil five hours, so as to strain off two gallons; add sixteen pounds sugar and ten ounces of tartaric acid; one half wine-glass of syrup to one half pint tumbler of water, and one half tea-spoonful of soda powder, is a fair proportion for a drink.

**LEMON SYRUP.** Take one pound of Havana sugar, boil it in water down to a quart, drop in the white of an egg, and strain it. Add one quarter of an ounce of tartaric acid; let it stand two days; shake it often. Four drops of oil of lemon will much improve it.

**TURKISH ROUGE, TO GIVE A BEAUTIFUL COMPLEXION.** Get three cents worth of alkanet chips at any druggist's; tie them in a gauze bag, and suspend it in a glass vessel containing a half pint of alcohol. When it comes to the right color, take out the alkanet. This is a superior rouge; it will not rub off, and is in no ways injurious to the face.

**COMPOSITION FOR LUCIFER MATCHES.** Take four parts glue dissolve, and when it is hot, add one part phosphorus, and sift in a few spoonfuls of whiting, to bring it to the proper thickness. This is the identical receipt from which the N. E. Friction Match Company's matches are made.

**TO REMOVE WRITING INK FROM A PRINTED PAGE.** Add one half part red oxide lead to three parts muriatic acid; pour it on the page, and immediately wash it off with water.

**TO PREPARE GUN COTTON.** Mix in a glass vessel one part (weight) pure nitric acid, with two parts (weight) concentrated sulphuric acid. With this mixture saturate, for ten minutes, finely carded wool cotton; then with a glass rod press the cotton so as to remove as much of the acids as possible, after which it must be washed with rain-water until all the acid taste is removed; then carefully dry, and it is ready to "go off"

Much care must be used both in preparing and using this vegetable lightning. Must not let much of the acids get on the hands—it bites badly. All the materials should be of the best quality.

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**A WATER-PROOF GLUE.** Melt common glue in the smallest possible quantity of water, and add by drops linseed oil that has been rendered drying by having a small quantity of litharge boiled in it; the glue being briskly stirred when the oil is added.

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**TO STAIN HARPS, VIOLINS, OR ANY OTHER MUSICAL INSTRUMENT.**—*A Crimson stain.* Take one pound of ground Brazil, and boil it in three quarts of water for an hour; strain it, and add half an ounce of cochineal; boil it again for half an hour gently, and it will be fit for use. N. B.—If you would have it of the scarlet tint, boil half an ounce of saffron in a quart of water, and pass over the work previous to the red stain. Observe, the work must be very clean; and of air-wood or good sycamore, without blemish. When varnished it will look very rich.

*For a Purple stain.* Take a pound of chip-logwood, to which put three quarts of water; boil it well for an hour; add four ounces of pearlsh. and two ounces of indigo pounded, and you will have a good purple.

*For a fine Black.* When black is required in musical instruments, it is produced by japanning, the work being well prepared with size and lamp-black; take some black japan (from the varnish maker's) and give it two coats. after which varnish and polish it.

*A fine Blue stain.* Take a pound of oil of vitriol in a glass bottle, in which put four ounces of indigo, and proceed as before directed in dying.

*A fine Green stain.* Take three pints of strong vinegar, to which put four ounces of the best verdigris ground fine, half an ounce of sap-green, and half an ounce of indigo.

*For a bright Yellow.* There is no need whatever to stain the wood, as a very small bit of aloes put in the varnish will make it of a good color, and has the desired effect.

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**TO STAIN BOX-WOOD BROWN.** Hold your work to the fire that it may receive a gentle warmth, then take aqua fortis, and with a feather pass over the work till you find it change to a

fine brown, (always keeping it near the fire,) you may then oil and polish it.

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**TO MAKE VARNISH FOR VIOLINS, &c.** Take half a gallon of rectified spirits of wine, to which put six ounces of gum sandrach, three ounces of gum mastic, and half a pint of turpentine varnish; put the above in a tin can, in a warm place, frequently shaking it until it is dissolved; strain it and keep it for use. If you find it harder than you wish, add a little more turpentine varnish.

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**TO MAKE COURT-PLASTER.** Dissolve isinglass, suspend your silk on a wooden frame by tacks, apply the glue with a brush, and let it dry; repeat it, and when dry cover it with a strong tincture of balsam of Peru. This is the real English court-plaster. It is pliable, and never breaks. The more common is covered over with the white of egg and dried.

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## MISCELLANEOUS RECEIPTS.

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**TO MAKE THE HAIR CURL.** At any time you may make your hair curl the more easily by rubbing it with beaten yolk of an egg, washed off afterward with clear water, and then putting on a little pomatum before you put up your curls. It is well always to go through this process when you change to curls after having worn your hair plain.

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**OIL FOR THE HAIR.** A very excellent ready-made oil for the hair, which answers all common purposes, is made by mixing one part brandy with three parts of sweet oil. Add any scent you prefer; a selection can be got at the druggists.

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**TO PREVENT THE HAIR FROM FALLING OFF** One of the most efficacious methods of preventing the hair falling out is to moisten it occasionally with a little fresh strong beer. It also keeps the hair in curl. When first used it is apt to render the hair dry, but a small quantity of bear's oil will remove this objection.

**BLACK BALL.** Melt together, moderately, ten ounces of bayberry tallow, five ounces of bees' wax, one ounce of mutton tallow. When melted, add lamp or ivory black, to give it a good black color. Stir the whole well together, and add, when taken from the fire, half a glass of rum.

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**TO RENDER CLOTH WIND AND RAIN PROOF.** Boil two pounds of turpentine, and one pound of litharge in powder, and two or three pints of linseed oil. The article is to be brushed over and dried in the sun.

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**WHITE-WASH THAT WILL NOT RUB OFF.** Mix up half a pailful of lime and water, take half a pint of flour and make a starch of it, and pour it into the white-wash while hot. Stir it well and it is ready for use.

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**FEATHERS.** It is said that tumbled plumes may be restored to elasticity and beauty by dipping them in hot water, then shaking and drying them.

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**ICY STEPS.** Salt strewed upon the door-steps in winter will cause the ice to crack, so that it can be easily removed.

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**TINCTURE FOR DISEASED GUMS.** Take Peruvian bark coarsely powdered, one ounce, and infuse it for a fortnight in half a pint of brandy. Gargle the mouth at night with a teaspoonful of this tincture, diluted with an equal quantity of rose water.

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**SHAVING SOAP.** A very nice soap for shaving may be made by mixing a quarter of a pound of Castile soap; one cake of old Windsor soap, a gill of lavender water, the same of Cologne water, and a very little alcohol. Boil all these together, until thoroughly mixed.

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**RED BOTTLE WAX.** Common resin four pounds; tallow one pound; red lead one pound. Mix with heat. Any coloring matter may be substituted, if other colors are wanted.

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**TO CURE FRECKLES.** Take two ounces of lemon-juice, a half drachm of powdered borax, and one drachm of sugar. Mix together, and let them stand in a glass bottle for a few day then rub it on the hands and face occasionally

**CERTAIN CURE FOR ERUPTIONS, PIMPLES, &c.** Having in numberless instances seen the good effects of the following prescription, I can certify to its perfect remedy. Dilute corrosive sublimate with the oil of almonds, apply it to the face occasionally, and in a few days a cure will be effected.

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**TO PERFUME CLOTHES.** Take cloves, cedar, and rhubarb, each one ounce; pulverize and sprinkle it in the chest or drawer. It will create a beautiful scent, and prevent moths.

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**INFLAMED EYES,** very painful, as every afflicted son of Adam knows, may be cured in a week, and the eyes made perfectly strong, by using a decoction of elder flowers and laudanum. Add three or four drops of the laudanum to a small glass of the tea, and let the mixture run into the eyes three or four times a day.

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**TO BLACKEN THE EYE-LASHES.** The simple preparations for this purpose are the juice of elder berries, burnt cork, and cloves burnt at the candle. Another means is, to take the black of frankincense, resin, and mastic. This black will not come off with perspiration. It is also equally as good for the hair of the head.

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**CHEAP WHITE HOUSE PAINT.** Take skim-milk two quarts. eight ounces fresh slacked lime, six ounces linseed oil, two ounces white Burgundy pitch, three pounds Spanish white. Slack the lime in water, expose it to the air, and mix in about one fourth of the milk; the oil, in which the pitch is previously dissolved, to be added a little at a time; then the rest of the milk, and afterwards the Spanish white. This quantity is sufficient for thirty square yards, two coats, and costs but a few cents. If other colors are wanted, use instead of Spanish white other coloring matter.

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**TO POLISH STOVES.** Mix powder of black lead with a little common gin or alcohol, and lay it on the stove with a piece of linen rag; then take a dry, but not hard, brush, dip it in some of the dry black lead powder, and rub it to a beautiful brightness

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## CONFECTIONARY.

**TO CLARIFY SUGAR FOR CANDIES.** To every pound of sugar put a large cup of water, and put it in a brass or copper kettle

over a slow fire, for half an hour; pour it to it a small quantity of isinglass and gum arabic, dissolved together. This will cause all impurities to rise to the surface; skim it as it rises; flavor according to taste. All kinds of sugar, for candy, are boiled as above directed. When boiling loaf sugar, add a table-spoonful of rum or vinegar, to prevent its becoming too brittle whilst making.

**COMMON TWIST, OR COUGH CANDY.** Boil three pounds of common sugar and one pint of water, over a slow fire, for half an hour, without skimming. When boiled enough, take it off; rub the hands over with butter; take that which is a little coolest, and pull it, as you would molasses candy, until it is white; then twist or braid it, and cut it in strips.

**CANDIED LEMON OR PEPPERMINT, FOR COLDS.** Boil one pound and a half of sugar in a half pint of water, till it begins to candy round the sides; put in eight drops of essence; pour it upon buttered paper, and cut it with a knife.

**FRUIT CANDIED.** When the fruit is preserved, take it from the syrup, dry it in an oven, then dip it in sugar boiled to candy weight, and dry it again.

**FINE PEPPERMINT LOZENGES.** Best powdered white sugar seven pounds; pure starch one pound; oil of peppermint to flavor. Mix with mucilage.

**SAFFRON LOZENGES.** Finely powdered hay saffron one ounce; finely powdered sugar one pound; finely powdered starch eight ounces. Mucilage to mix.

**ICING FOR CAKES.** Beat the whites of two small eggs to a high froth; then add to them a quarter of a pound of white ground or powdered sugar; beat it well until it will lie in a heap; flavor with lemon or rose. This will frost the top of a common sized cake. Heap what you suppose to be sufficient in the centre of the cake, then dip a broad-bladed knife in cold water, and spread the ice evenly over the whole surface.

**STRAWBERRY ICE CREAM.** Take a pint of picked strawberries, rub them through a sieve with a wooden spoon; add four ounces of powdered sugar and a pint of cream.

**ORNAMENTAL FROSTING.** For this purpose have a small syringe, draw it full of the icing, and work it in any design you fancy. Wheels, Grecian border or flowers, look well; or borders of beading.



## FRUIT AND FRUIT TREES.

**HOW TO KILL BORERS IN TREES.** Rub hard soap into every place in the tree that seems wounded by them; it will effectually destroy them. Strong lye made of potash and swabbed on, is equally good — one pound to a gallon of water.

**APPLE TREE.** Prune the decayed limbs, and rub the trunks with a hard brush, then paint with a mixture of soft soap and sulphur; strew lime under the trees and around the trunk. This course will destroy the worms and improve the quality of the fruit and grass, and will prevent the trees from decay. Five gallons of soap to one of sulphur.

**PEAR.** This tree dies of a disease called the fire-blight. It occurs in summer; the leaves, from the extremities of the branches, for two or more feet, appear as if scorched. This should be cut off a foot or more from the diseased part, and immediately buried. When this is practised the evil is arrested.

**PEACH.** These trees do best in elevated situations; when the soil is unfavorable on hills, it should be improved; cold, wet, or spongy soil is unfavorable. When peach trees begin to languish, remove the soil around them, and supply its place with charcoal; it will produce a sudden renovation and improve the richness of the fruit. Prune in the extremities of the branches of bearing trees, two feet, in July every year. This will keep the tree full of bearing buds and healthy wood. All trees that have the yellows must be removed, as the disease is contagious. Graft them in September. Peach trees may be preserved from the ravages of the worms, by freeing the diseased part from earth, and gum, and spreading over it a thin coat of common hard soap, and filling up with fresh soil. It must be repeated every season, and as it is dissolved by the rain, it descends to the roots, and causes it to grow vigorously, besides destroying insects and eggs, and cleansing the bark. Several hundred trees may be done in a few hours. It is equally good for other fruit.

**PLUM.** This tree is becoming much affected with the "*black gum*," caused by an insect. Cut off the diseased part without delay, and burn it. This will preserve it.

**QUINCE.** This is a beautiful tree when in blossom, and when the fruit is ripe it is highly ornamental. It is easily raised from cuttings or layers taken from the tree in April, and planted in a shady place, and the soil enriched, which will keep it from sudden drought. Also water occasionally. They might grow in any part of the country with suitable care.

**BRIEF HINTS FOR TRANSPLANTING.** Previous to laying out an orchard or fruit garden, the soil should be manured and pulverized to a great depth. It should be made sweet, that the nutriment which the roots receive may be wholesome; free, that they may be at full liberty to range in quest of it; and rich, that there may be no defect in the food.

If orchards are made from meadows or pasture lands, the ground should be improved as much as possible by manuring, trenching, ploughing, &c. At the time of planting, let the holes be dug somewhat larger than is sufficient to admit the roots in their natural position, and of sufficient depth to allow of a foot of rich and well pulverized mould to be thrown in before the trees are planted.

In transplanting trees, they should not be placed more than an inch or two deeper than they were in the nursery beds, and the earth intended for filling in should be enriched and well pulverized by mixing in some good old manure; and if any leaves, decayed brush, or other refuse of a farm are attainable, let such be used around the trees in filling, taking care that the best pulverized mould is admitted among the fine roots. The trees, in planting, should be kept at ease, and several times shaken, so as to cause an equal distribution of the finer particles of earth to be connected with the small-fibres of the roots; and when completely levelled, let the ground be well trodden down and moderately watered, which should be repeated occasionally after spring planting, if the weather should prove dry.

**TREES and PLANTS** should always be carefully packed at the nursery, for the protection of the roots and limbs, as well as for convenience in transportation. [Orders will in all cases be packed, and reasonable charges made for packing, unless otherwise ordered.]

**TO KILL WEEDS IN GRAVEL AND BRICK WALKS.** Keep them moist with brine a week in the spring, and three or four days in the fall, and it will prevent their growing.

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## PARLOR PLANTS.

1. Plants which have bloomed through the summer, *will* rest during the winter. To remove them from the heat and dust of the parlor—to place them in a dry, light, warm cellar, will certainly conduce to their entire rest; and the parlor will lose no grace by the removal of ragged stems, falling leaves, and flowerless branches.

2. *Very little, if any, water should be given to plants thus at rest.*

3. Where the plants are wanted to bloom in the parlor late in the winter, it is often better to let them spend the fore part of the winter in the cellar or pit.

4. All plants which are not growing, or for whose growth your parlors are not suitable, should be put into the cellar, and should there be allowed to stand over in a state of rest.

5. According to your accommodations, select a *few* vigorous, symmetrical, hearty, healthy plants, for the window. *One plant*, well tended, will afford you more pleasure than twenty half nurtured.

6. *There can be no such thing as floral health without fresh air and enough of it.* This must be procured by frequent ventilation.

7. It is found that plants have the property of correcting the air within a few hours, when they are exposed to the light of the sun; but that, on the contrary, during the night; or in the shade, they corrupt the common air of the atmosphere. Hence it is a dangerous practice to have shrubs in an apartment that is slept in.

8. To restore frozen plants, dip them in cold water till they are thawed, then set them in a moderately warm place. They will often die down to the roots, but sprout again; frequently, they only shed their leaves.

9. The practice of watering plants by the roots—that is pouring water into dishes in which the pot sits—is highly improper. It should always be poured upon the surface, that it may filter through and refresh the fibres of the plant.

**FLOWERS.** Flowers may be preserved fresh in tumblers or vases by putting a handful of salt in the water, to increase its coldness. If put under a glass vase, from which the air is entirely excluded, they will keep a long while.

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## CANARY BIRDS

**GENERAL DIRECTIONS.** To keep canaries healthy, the cage should be washed as often as once in two weeks, and often cleaned. Fresh lettuce or cabbage may be given them in July and August; plantain is also good,—it may be given in hot weather three times a day. Lettuce seed and plantain seed is also good to be given as food, mixed in a small pot. In hot weather they should have clean water in pans once a day, to wash and bathe in, which greatly refreshes them. A piece of

cuttlefish bone or sand should be in the cage, to keep them in a healthy condition. Their fountains should be filled, and the water fountains changed every day. The bird-seed is a mixture already prepared, to be used as it is. Sponge cake may be given occasionally, and crackers and sweet apples; worms are also good; but food containing salt is injurious.

HOW TO DISTINGUISH THE MALE FROM THE FEMALE. To distinguish the male from the female, it is observed that a streak of bright yellow may be noticed over the eyes and under the throat; his head is wider and longer, and in general is much higher colored; his feet too are larger. They also begin to warble first, which is often at a month old. They are quicker, more taper, and sprightlier than the hens. If the hen lays, take out the egg and substitute an ivory or wooden one, as they then will hatch all at the same time.

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## LADIES' AND GENTLEMENS' POLITE TEACHER.

### PART VIII.

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1. A LETTER of introduction, note of invitation, or reply, should always be enclosed in an envelope.
2. A letter of introduction should always enclose the card and address of the person introduced.
3. Notes of invitation should always be sent in the name of the lady of the house.
4. Invitations should be answered within two days.
5. Notes of invitation should not be sealed.
6. Figured and colored paper is out of style; pure white paper, with gilt edges, is more strictly in good taste.
7. It is considered a mark of respect to commence a letter towards the middle of the page.
8. Printed cards should be used when the party is large.
9. All letters should be sealed and superscribed as in the following example. It gives room for the post-mark without defacing the superscription

MISS ANN STONE,  
BOSTON,  
MASS.

**MODELS OF INVITATION CARDS AND NOTES.** The usual form is simply :

Mrs. — requests the pleasure of Mr. and Mrs. —' company on Thursday evening, at 8 o'clock.

Separate notes should be sent to the sons and daughters, if their company is wished.

The answer should be as follows :

Mr. and Mrs. — accept with pleasure Mrs. —'s invitation for Thursday evening next.

If a refusal is sent, it should be expressed thus :

Mr. and Mrs. — regret that it will not be in their power to accept Mr. and Mrs. —'s invitation for Thursday evening next.

The date should always be put at the bottom of the note on the left hand side.

**HOW TO ADDRESS A LADY.** We address a married lady, or widow, as Madam, or by name, as Missis or Mistress Jones. In answering a question, we contract the Madam to ma'am, as "yes, ma'am — no, ma'am — very fine day, ma'am."

A young lady, if the eldest of the family, unmarried, is entitled to the surname, as Miss Smith, while her younger sisters are called Miss Mary, Miss Julia, &c. The term "Miss," used by itself, is very inelegant.

**LANGUAGE OF THE FINGER RING.** If a Gentleman wants a wife, he wears a ring on the first finger of his left hand.

If he is engaged, he wears it on the second finger.

If married, he wears it on the third finger.

If he never intends to get married, he wears it on the fourth finger.

When a Lady is not engaged, she wears a hoop or diamond on her first finger.

If engaged, she wears it upon the second finger.

If married, she wears it upon the third finger.

If she intends to remain a maid, she wears her ring upon her fourth finger.

Thus, by a few simple tokens, the passion of love is expressed.

## RULES OF CONVERSATION.

1. Address yourself to the capacity of those to whom you speak.

2. Direct your conversation to such subjects as you know to be agreeable to the company.

3. Good humor and wit is the charm of conversation.

4. It is not impolite to laugh, in company, when there is anything amusing going on.

5. Nothing is more annoying than to be frequently interrupted in conversation.

6. Contradiction is the greatest rudeness any person can be guilty of.

7. Whispering in company is highly improper.

8. Never attempt to take the lead in conversation.

9. It is not good taste for a lady to say, "Yes, Sir," and "No, Sir," to a gentleman.

10. Due deference should always be paid to the aged.

## YOUNG PEOPLE'S PRIMARY INSTRUCTIONS IN THE ART OF DRAWING.

1. The apparatus required to teach drawing is very unexpensive. Let each pupil be provided with a slate, and a slate-pen cut to a point; also a small piece of sponge, wherewith to wipe and clean the slate when necessary.

A sheet of paper, and a softish black lead-pencil, may be adopted in preference to a slate and slate-pen, but they are less economical, and therefore need not be used till an advance has been made in the lessons.

In some schools where rigid accuracy is enforced, a boy somewhat advanced in his lessons stands at the black-board, and from the book in his hand copies a figure upon it. The pupils in their seats observe the motions of his hand, and, following him slowly and according to their best judgment, they copy the figure from the board upon their slates.

2 The principle of this practice, which we wish to see

adopted and followed, is, first, to teach the art in the simplest possible manner and at the least expense : and, second, to give freedom of hand or execution. The child, it will be observed, commences with the slate and slate-pen, and having got over the initiatory difficulties and gained a little confidence, he is promoted to the board. Here copying figures in the first instance, and afterwards working from his improved taste and imitative faculties, he acquires a free, bold style of delineation without which the power of drawing remains stiff and spiritless.

3. To commence, in whatever manner, place the pupil fairly before his slate, and cause him to draw perfectly straight lines. The lines must be drawn with the hand alone, that is, without any assistance from squares or rulers. The lines should in this easy manner, but with as much steadiness as possible, be drawn horizontally, perpendicularly, and obliquely ; in short, in all directions that may be thought proper ; and their accuracy may be tested with the instruments.

Being tolerably perfect in straight lines, we advance to bends or curves. Explain that all lines whatsoever, used in drawing, are either straight, or curved, or a modification of either ; and point out how much more beautiful is the appearance and effect of a curve, in comparison with a straight line.

4. We now come to the drawing of objects, beginning with those of the simplest form. In these and other figures it will be observed that some of the lines are thin and others thick, the thin lines indicating the parts of the object which are in the light, and the thick ones indicating those which are in the shade. Point out how it is possible to represent a solid object—such as a block of stone or a house—on a flat surface, by means of a due mixture or arrangement of thin and thick lines or marks, and by giving some of them an inclination in a particular direction.

5. There are examples of exercises in the drawing of familiar objects or utensils. This usually yields much pleasure to the beginner, and excites his imagination to discover objects which he may sketch in a similar style. Let this fancy be liberally indulged. Desire him to draw the outlines of a cup, vase, drinking-glass, basin, book, hammer, axe, desk, chair, nail, candlestick, box, &c. Having drawn them in a front view, then put them in a different attitude, so as to express an end, a side, a corner, or any other point of view. Drawing of objects in this manner from nature, and not from paper, may be called a great step in advance, and is really the practical commencement of the art.

While about this stage of advancement, and while the mind is awakening to the power of expressing objects by means of various lines of a light and dark character, invite attention to the method in which a person is able to draw a subject from its appearance or from memory. It may be done in something like the following terms :—

When we see, for example, a chair standing on the floor, we observe its shape or figure, its line of back, seat, legs, and all other parts about it. We then take a pencil, and bending the mind intensely on the form of the chair, try to define all the lines of the object on the paper or board. The more perfectly that the hand can obey the direction of the mind, while bent in thought on the object, so will the drawing be more true in all its details.

6. Plant and flower drawing is a valuable branch of the art, and is particularly suitable for females. The course of instruction should not be confined to a few objects merely, but be extended to exercises on all the elegant objects of this kind which are ready at hand. Any flower growing in a pot on the window-sill, any tree or bush that presents itself, or any shrub or blade from a garden, may be copied. On the correct imitation of these objects from nature, is founded the art of designing carvings in architecture and carpentry, mouldings for plaster-work, and patterns for lace, paper-hangings, carpets, and other objects of taste.

7. From plants we proceed to the sketching of animals, such as dogs, cats, swine, rabbits, horses, goats, sheep, birds, or other creatures which are familiar to observation, and of which a few examples are given. Next, the pupil may advance to the drawing of faces and human figures, but this only, in a great measure, as an amusement; for a correct method of delineating these objects in their various forms and attitudes, is not to be gained without the most patient study of models and living figures, and may very properly be delayed till a more advanced period.

8. It is necessary to add, with respect to drawing plans of houses, or maps of fields and countries, that the pupil should be taught to measure and compute dimensions in height, length, and breadth. This is to be done in the first place by a foot-rule, or a diminished scale of inches and fractional parts, prepared for the purpose; but afterwards, and when a little skilled in these computations, he must learn to *guess*, or measure by the eye, the dimensions of the object on which he is engaged, and then to draw it, preserving the just proportions of the several parts. This is a kind of exercise which will largely



contribute to cultivate the perceptive faculties of pupils, and make them useful to themselves in many of the common occupations of life.

9. The first, or purely elementary course of lessons, will properly terminate with exercises in drawing, with the hand alone, a variety of simple mathematical figures, such as circles, squares, parallelograms. These may be tried again and again, to give precision of hand and eye, or till the figures approach so near perfect accuracy in form as to stand the test of measurement by the compasses.

Let the pupil be instructed to avoid any approach to confusion in the designs, to give all the lines with an easy sweeping effect, so as to express what is called *spirit*, and to cultivate at the same time simplicity and chasteness.

10. We conclude these brief directions by mentioning, in the most emphatic manner, that, further than mere amusement for the moment, the exercises on this or any other elementary work on drawing, will be of no use whatever, unless the pupil *do the things with his own hand, and seek for originals in actual objects before him.*

Exercises to a reasonable extent on the black-board are absolutely indispensable, for giving that *freedom of hand* which we have already adverted to, and for teaching the art of handling compasses, measuring distances, and other matters of practical utility.

## YOUNG LADY'S GUIDE.

BEING INSTRUCTION IN EMBROIDERY ON  
SILK, VELVET, MUSLIN, LACE, MERINO, &c.

### PART IX.

THE taste for embroidery is daily increasing, and this species of work is not only ornamental but useful. In the following pages we have given instructions in all the most popular and beautiful modes of embroidering; and have endeavored to express ourselves as explicitly as possible

## EMBROIDERY WITH FLOSS SILK, THREE CORDED, OR SADDLER'S SILK, CHE- NILLE, WORSTED, &c.

1. Floss silk is used to embroider on either silk, satin merino, or any fine material which does not require washing.

2. To embroider on cloth, fine flannel, or merino, that is to be washed, it is necessary to use three corded, or saddler's silk.

3. Chenille is sometimes employed in canvass work, but being one of the richest materials used in embroidery, it shows to the greatest advantage on velvet, silk, or satin.

4. Worsted is used principally for embroidery on canvass ; but on fine merino, brown holland, and even white muslin; it is equally beautiful. The colors of German worsteds do not fade when washed with soap.

5. A light and simple frame is the most convenient for the above mentioned species of embroidery. The frame should merely consist of four smooth pieces of light wood, half or three quarters of a yard in length, and quarter of an inch in thickness, neatly joined together. The frame should then be covered with ribbon or muslin, wound tightly around it. To this muslin the material designed to be embroidered is to be sewed. Square frames are preferable.

6. After the frame has been prepared, the pattern to be embroidered should be drawn. If the material used is silk, or satin, or muslin, or any transparent substance, the pattern may be fastened on the wrong side, hung over a window pane, and traced upon the material with a lead-pencil. When velvet, or cloth, or any dark-colored silk is to be embroidered, the pattern should be drawn on white tissue or blotting paper, and the paper lightly tacked upon the right side of the velvet. The embroidery is to be executed over the paper, and when the work is completed the paper is carefully torn away. Sometimes patterns are drawn on dark materials by means of chalk, but the chalk is apt to rub off.

7. After the pattern is drawn, the work should be sewed into the frame in such a manner as to be perfectly smooth and even. It is not necessary that the frame should be of the same size as the material to be embroidered. If the stuff is wider or longer than the frame, the portion over should be rolled up and covered with white paper. When the article is smaller than the frame, a piece of muslin may be sewed to the stuff so as to make it of the necessary size.

8. For worsted work a rather coarse darning-needle should be used, and for floss silk a fine one. A large round-eyed

needle is necessary for chenille and three-corded silk. If the needle is too large, besides being clumsy, it will make a hole in the work.

9. The stitch for embroidery is very easy. You make a knot at the end of the silk, chenille, or worsted, and bring your needle through the material on which you intend to work, from the under side to the upper one. Next, the needle is again put through to the under side, following the pattern, and then put back and brought to the upper side, close to where it came through before. The same process is then repeated, care being taken not to draw the silk too tight. The stitches should lay slantingly and beside each other. To embroider the stalks of flowers, a stitch very similar to back stitch should be used.

10. The way to embroider in the manner above designated, may be learned without further instructions than those we have already given. The work when once understood is accomplished with great rapidity, and never becomes tedious.

## RAISED EMBROIDERY.

This kind of embroidery is extremely pretty in fancy pieces, for working animals, birds, shells, fruits, or flowers. It may be done with either silk, worsted, or chenille. The pattern must be traced and the material framed as usual; then commence a foundation for the raised parts by working with coarse cotton or wool, layer upon layer, with long stitches, until the outline of the design is closely approached, paying attention at the same time to the shape of the object. When this is finished, begin the embroidery over it with a long needle, and shade in the usual manner, passing the needle through the whole substance of the foundation, which will the more easily be done should it be formed of wool.

Flowers, such as roses, on a very reduced scale for sprig work, may be beautifully and easily executed in this description of embroidery. A small round must first be slightly raised with cotton; then commence the centre of the rose with two or three small French knots, and form the flower by working round them in small stitches, keeping the middle of the darkest shades; the stitches should partly cross each other, so as to give the appearance of one leaf over another. If skillfully done, the centre of the flower should have the sunken appearance which it has in nature. If worked too large, their beauty and effect will be lost. Four shades of silk will be found sufficient.

## STITCHES IN EMBROIDERY ON MUSLIN AND LACE-WORK.

1. **SATIN STITCH.** This resembles the threads in satin, and is much used in embroidery. You make a knot at the end of the cotton, silk, or worsted, and bring it through the material on which you intend to work, from the under side to the upper one. Next, the needle is again put through to the under side, at about half an inch distance, and is then put back and brought to the upper side, about half way from the first point, the next stitch is carried to the same distance from the second; again the needle is brought back, and the same process is repeated. In working on a surface, the stitches run in parallel lines to each other, and are taken the length-way of the figure or subject you are making. They are also of unequal lengths, in order that the ground may be more effectually covered. In the working of drapery, you must be sure to take each stitch the way the threads or grain would naturally fall.

2. **BUTTON-HOLE STITCH.** The needle must go in on the wrong side, and be brought out on the right, five threads down. To make the stitch, the needle is passed through the loop, before it is tightened or drawn close.

3. **EYELET HOLES.** These are first run round; then a hole is cut out, or made by a piercer, which is the preferable way; and the needle is passed through the aperture, under the inner thread, and you sew round it thickly, so as to entirely conceal it. You may make oval eyelet holes in the same manner, making the opening oval, instead of round.

4. **FORMATION OF BARS.** You take four threads of the muslin on the needle, and sew three times over them, passing the needle through the same opening each time, and drawing the four threads as close as possible. Each succeeding four threads are taken up the same way; and thus the required number of bars can be easily formed. The thread in this stitch passes from bar to bar, on the right hand.

5. **EMBROIDERY FEATHER STITCH.** Leaves are often worked in this stitch, which is only an elongated button-hole stitch. Its appearance, on a leaf, is very beautiful.

6. **GLOVER'S STITCH.** This is the same as button-hole stitch, only each stitch is taken a little higher up than the one which preceded it.

7. **DOUBLE BUTTON-HOLE STITCH.** This is two stitches together, then the space for two left unoccupied, then the two button-hole stitches repeated, and so on alternately.

**8. HALF HERRING-BONE STITCH.** This is worked the cross way of the muslin; four threads are taken on the mesh at once.

**9. LINES.** These are formed by drawing together six threads of the muslin, and sewing over them with fine thread, as close as possible.

**10. STRAIGHT OPEN HEM.** This is done by drawing out three or four threads, the selvedge-way of the muslin, and working over the cross threads from side to side, in a kind of zigzag direction.

**11. VEINING OPEN HEM.** This is worked in a curve, or other pattern, in which the threads cannot be drawn out. The hem is made by sewing over two threads, taken the angular way of the muslin, and then pursuing the same method with two threads taken the contrary way, and uniting them together as in a straight open hem. The appearance is the same, but the pattern is a curve or other shape.

**12. CHAIN STITCH.** This is often employed in lace-work. Make a knot at the end of the cotton, and draw it through to the right side. While you put in the needle, let the end hang loose, and bring it out below, so as to incline a little to the left hand; pass the needle over the cotton, as you draw it out, and this will form a loop; each succeeding one is done in the same manner.

**13. PEARLING.** This is a kind of lace edging, not worked with needles, but often used as a finish to embroidery on muslin. It is very pretty, and is sold ready for use.

**14. DARNING.** This is, when employed in lace-work, done as follows. It is worked as common darning, but with fine cotton, which is doubled; and, in this stitch, the inner edge of flowers is sometimes worked, the centre being executed in half herring-bone stitch. It looks well; but rows of chain stitch are, in our opinion, preferable.

**15. INTERIOR STITCH.** So called, because often employed to fill up the centres of leaves, in lace-work. The stitch is formed by taking two threads the breadth-way of the leaf, and sewing over them; then leaving a row of one thread, and sewing over two threads, as before.

**16. EYELET HOLES IN LACE-WORK.** These are not difficult to execute, and when well arranged, have a beautiful appearance. One mesh of the net is left for the centre, and you work round it in button-hole stitch. A great variety of devices may be formed, by a tasteful and judicious disposition of these eyelet holes.

**17. SPOTS ON NET.** These, though simple, form an elegant variety in lace-work. To make each spot, the middle is to be passed backwards and forwards, through one hole in the net, and alternately under and over two of the threads of which that hole is formed. These spots must be placed in clusters, but an open mesh must be left between each.

**18. TAMBOUR STITCH.** This has a close resemblance to chain stitch. The needle, which has a small hook at the end, and is fixed in a handle of ivory, is put through the material stretched in the frame, on the upper side, and the cotton being held underneath, in the left hand, is put upon the hook and drawn through to the right or upper side, where it forms a loop. Through this loop the needle is again passed, and also through the material, a few threads from the place it passed through before. The cotton is again drawn through, and thus a succession of loops is formed. The pattern is worked entirely in these loops or stitches.

**19.** These are the stitches most commonly employed, and therefore the most necessary to be known. We have done all in our power to so explain them, as to enable our readers to practise them with facility.

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## EMBROIDERY ON MUSLIN.

A degree of skill which can only be acquired by practice, is necessary to those who would excel in this branch of the art. The work must, of course, be done by pattern, and very beautiful ones may be purchased at a moderate cost.

The material generally employed in working on muslin is cotton.

The pattern is placed against a window, and drawn with a black lead-pencil on the muslin. To secure accuracy, the muslin should be tacked down to the pattern before the tracing is commenced.

The outlines of the pattern are then run around with fine cotton, directly over the pencil-marks. Then commence working in the usual embroidery stitch, taking care that the stitches do not lay over each other, but side by side, so as to give the work a smooth and even appearance. A frame is not necessary.

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## INSTRUCTIONS IN LACE-WORK.

In commencing this delicate and beautiful work, you must place over the net a piece of French cambric, proportionate in size to the subject or device you are intending to work; and

under both these the paper pattern is to be placed, and secured by a tack at the edge in its proper position. It is essential to remark, that though the design, as a whole, may be large, yet each part should be small; the introduction of large leaves, sprigs, or flowers, would greatly detract from that beauty of appearance, which is so essential to be preserved. Clusters of small flowers, or leaves, are proper ornaments in this elaborately-wrought fabric. Having placed the materials and pattern as directed, the outlines of the design are to be run round with cotton. This sewing must be done twice, and the running thread be sewn over with fine cotton; the sewing to be moderately thick; this will give the extreme edge of each leaf or flower a raised appearance—a point in this work of most essential importance. The cambric is then, with a pair of small and sharp scissors, to be cut off, as near to the raised edge as possible.

The various patterns are so numerous, that it is next to impossible to enumerate them. One beautiful variety is formed by filling up the centres of flowers with insertion stitch; for the mode of doing which, the reader is referred to the chapter on stitches. Leaves and flowers thus filled up have a remarkably neat appearance.

### EMBROIDERY IN GOLD THREAD.

This kind of embroidery is usually employed in large and bold designs, as it is never used except in cases where much display and extreme brilliancy are required. The materials made use of as foundations for these costly displays of needlework are various, according to the taste of the wearer, or the occasion on which they are employed. Crape, India muslin, or some kind of silk, are generally employed, as the best calculated to give the desired effect, and to exhibit the beautiful devices to the best possible advantage. The gold thread should be of a fine and uniform texture, and little or no difficulty will be found in working it. When it is properly made, it is almost as flexible as common thread.

The stitch in which gold thread embroidery is worked is (with occasional exceptions) satin stitch, and, of course, you work by a pattern previously prepared. This must be laid under the material used as a foundation, and which is generally sufficiently transparent to allow it to be seen through it, and the outline of the subject intended to be worked is sewn on in white thread. This done, you commence working in gold thread, or with silver, but this latter is not desirable, as it soon gets black and tarnished.

## EMBROIDERY FOR INSERTION.

Embroidery is often done upon muslin, in narrow stripes, for insertion work, and looks extremely pretty. Almost any device, but chiefly foliage and flowers, and sometimes fruit, are proper for this kind of work, and any or all of the various stitches may be introduced with the happiest effect. It is unnecessary to give examples, as they would only tend to confuse and mislead. Every lady must use her own judgment in these cases, and be guided in her choice by the use to which the insertion work is to be applied. In all patterns for this kind of embroidery, there must be a hem stitch on each side of the embroidery, the manner of forming which is fully explained in the following description.

It is done either in a straight line or in a curve. For the first kind you draw out threads to the breadth of a narrow hem, at a little distance from the row of insertion work previously executed. The number of threads thus drawn out should not exceed four, which are to be taken up on the needle, commencing on one side, and these are to be sewn over three times with very fine cotton. The threads are taken and sewn over singly, and when the thread has reached the opposite side, you take up four more of the cross threads and sew them over twice, thus uniting the eight together at the side opposite to that one on which you commenced. Then sew the last four, three times over, as in the first stitch, and the thread will here again be found at the side on which you begin. You proceed in this manner to the end, and the open hem when thus worked forms a kind of undulating wave, that looks elegant and appropriate.

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## THINGS TO BE REMEMBERED.

1. In *fancy needle-work* the light of day is especially important.
2. In many departments of fancy needle-work great and unceasing care is requisite, in order to avoid faults which cannot afterwards be repaired. In cloth-work, for instance, be careful not to split the threads of the canvass.
3. During the progress of your work, it is desirable that you keep that portion still untouched covered with tissue paper, or it will otherwise have a soiled appearance.
4. Cut your wools into certain lengths, and put them into elongated papers, or you may wind them on a reel. Each paper should be labelled with its peculiar shade, or it may be numbered.
5. Plaid patterns may be worked from plaid ribbons; and in



so doing the choice of elegant *materiel* will be as attainable as it is multifarious.

6. When beads are introduced, they should not be too numerous, or they will give an appearance of heaviness to the work.

7. In using floss silk, it should be cut in short lengths, or it is apt to get round.

## HINTS TO YOUNG LADIES.

### PART X.

#### THE COLOR AND STYLE OF BONNETS, DRESSES, &c., BEST SUITED TO VARIOUS COMPLEXIONS.

EVERY lady should study and determine what dress and hat best becomes her form and complexion. In America there is not the distinction made in the style of dress it is necessary there should be, between a tall and a short, or a slender and a thick person, or a dark or light complexion, but all must dress in the latest fashion, however unbecoming it may be.

1. **THE HAT.** A delicate pale complexion should wear a pink lining, but where there is color with it, blue or straw color should be worn. A brunette or dark complexion should wear white lining, with a delicate rose trimming; never black unless unavoidable. A large person, with prominent features, should never wear a small hat. The reverse with small persons. An extremely red or yellow complexion should not wear high colors. Yellow, lilac, and red, are the most trying colors to the complexion. A close cottage is generally becoming, and never considered unfashionable.

2. **THE DRESS.** Suit the dress to the complexion, the same as the hat. A short figure should not wear so full a skirt as a tall one. Every species of drapery is graceful to a tall figure and may be worn to advantage. Tight sleeves without trimming are becoming to full forms, the medium height, or below

it. To a tall, slender figure, with long arms, they are very ungraceful, unless trimmed with folds or drapery.

3. FLOUNCES. Flounces are graceful upon tall persons, whether slender or otherwise, but never upon diminutive ones.

4. TUCKS. Tucks are equally graceful upon both, and never look out of fashion. A couple of wide tucks, which give the appearance of two skirts, are very beautiful for an evening dress, made of delicate materials. Any species of trimming down the front or sides of the skirt, increases the apparent height. Capes are only becoming to persons with falling shoulders, unless made to fit the form.

5. HIGH-NECK DRESSES. High-neck dresses are simple and generally becoming; upon a very high-shouldered person a low-necked dress is more appropriate, and if the shoulders are only moderately high, the neck may still be covered and the dress finished off about the throat with a narrow piece of lace, instead of a collar. Dresses with loose backs are only becoming upon very fine and slender figures.

6. EVENING DRESSES. Evening dresses of transparent materials look well when made high in the neck; but upon very young girls it is more graceful to cut the dresses low, leaving part of the shoulders exposed. A dress should always be made loose over the chest and tight over the shoulder blades. Long sashes fastened in front are more becoming than belts, unless there is much trimming upon the dress. Cuffs or narrow lace at the wrist finish the dress, and give the hands a small appearance. The effect of a well made tournure (or bustle) is to make the waist look round and delicate. An extremely small and waspish-looking waist can never be considered handsome. It is exceedingly hurtful to those who attain it by tight-lacing, and doubly ungraceful, since it prevents all graceful movements.

7. SHORT CLOAKS. Short cloaks are very unbecoming to short and clumsily built persons, but to a tall figure the reverse.

## HOW TO DRESS THE HAIR.

1. DRESSING THE HAIR. Light hair is generally most becoming when curled. For an oval face, long and thick ringlets are suitable; but if the face is thin and sharp, the ringlets should be light, and not too long. Open braids are very beautiful when made of dark hair. A simple and graceful mode of arranging the hair, is to fold the front locks behind the ears, permitting the ends to fall in a couple of ringlets on either side behind. Great care should be taken to part the hair directly in

the centre of the forehead. Persons with very long narrow heads may wear the hair knotted very low at the back of the neck. If the head is long, but not very narrow, the back hair may be drawn to one side, braided in a thick braid, and wound around the head. When the head is round, the hair should be formed in a braid in the middle of the back of the head. If the braid is made to resemble a basket, and a few curls permitted to fall from within it, the shape of the head is much improved.

2. CAPS. Caps are becoming to most ladies, but they should be trimmed with as few bows and as little lace as possible. Upon a long head they look well with a narrow border of lace lying close to the face and forehead.

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## THE MOUTH.

1. PURITY OF BREATH. Purity of breath is an advantage that cannot be too highly prized, as the want of it is the most unfortunate circumstance that can befall beauty, and is alone sufficient to annihilate in an instant the most perfect and otherwise inviting charms.

2. A fetid breath may be the consequence of various causes. When it proceeds from a diseased state of the lungs, riding on horseback, fresh air, and the use of gargles of myrrh, or of the infusion of oak bark, with proper attention to the state of the bowels, may palliate the affection, and ultimately remove it, if not too deeply seated.

3. If it arise from causes which derange the digestive organs, the causes must be removed by proper medicines before the effect can cease; but cleanliness, and attention to the state of the mouth and teeth, morning and night, will assist to remove the inconvenience. Dr. Skinner's *Peruvian Tooth Powder* is decidedly the best dentifrice, and greatest corrector of a bad breath ever yet offered to the public.

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## HINTS TO YOUNG MEN.

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### CHOICE OF A WIFE.

1. **YOU'RE GENTLEMAN,** a word of advice to you in the choice of a wife. Don't allow yourself to be deceived and fascinated

by a gay, dashing young lady, fond of company, extravagant, vain, artistical and showy in dress. It is not a doll or a coquette you want for a partner. Choose rather one of those retiring, modest, sensible, neat young ladies, who have learnt to deny themselves, and possess a decided mind, and have acquainted themselves with the domestic affairs of a family.

2. **HOW TO TREAT A WIFE.** You may have great trials and perplexities in your business with the world; but do not, therefore, carry to your home a clouded or contracted brow. Your wife may have had trials, which, though of less magnitude, may have been as hard to bear. A kind, consoling, and tender look, will do wonders in chasing from her brow all clouds of gloom.

3. Notice kindly her little attentions and efforts to promote your comfort. *Do not take them all as a matter of course*, and pass them by; at the same time being very sure to notice any omission of what you may consider her duty to you. Do not treat her with indifference, if you would not sear and paralyze her heart, which, watered by kindness, would, to the latest day of your existence, throb with sincere and constant affection.

4. Sometimes yield your wishes to hers. She has preferences as strong as you, and perhaps just as trying to her to yield her choice as to you. Do you find it hard to yield it sometimes? Think you it is not hard for her to give up always?

5. Again, show yourself manly, so that your wife can look up to you, and feel that you will act nobly, and that she can confide in your judgment.

## STYLE AND DRESS OF GENTLEMEN.

1. The importance of dressing properly can scarcely be overrated. It not only influences the opinions of others in regard to us, but governs our own self-respect. A shabbily dressed man is likely to feel shabbily, and to commit shabby actions. A man with his coat out at the elbows, a shocking bad hat, and boots run down at the heel, will do things of which, in his dressed moments, he would be heartily ashamed.

2. A dandy farmer, an over-dressed mechanic, and a finical tradesman, are ridiculous; but there is no reason why people of all employments should not wear clean linen and dress with perfect neatness.

3. A plain, simple style, is most proper for people of every class — the richest as well as the poorest. Flashy dresses

fine colors, and excess of ornament, are the distinguishing marks of blacklegs and prostitutes.

Full dress, for gentlemen, admits of but two colors, black and white. Undress allows of grays, browns, olives, indigos, and other quiet colors.

"Neat but not gaudy," is the best possible maxim for both sexes and all conditions, though the ladies are allowed a greater variety, and a more fanciful display.

Perhaps the best way is to have a sensible tailor, and leave the whole matter to his discretion; that is, if you can rely upon his disinterestedness.

The best rule for both sexes, is to dress so that no one can remember what you wore, or anything about it, except the generally pleasing effect.

## CHAIRMAN'S GUIDE;

### OR RULES FOR THE ORDERLY CONDUCT OF PUBLIC DEBATE AND PUBLIC MEETINGS.

#### PART XI.

#### ELECTION OF CHAIRMAN.

1. The chairman selected should be a man held in respect.
2. He should be a man of maturity and commanding personal appearance.
3. He should possess a fitness for the office. This includes standing in society, intelligence, business tact, self-possession, &c.
4. The chairman should be chosen, in small meetings, by nomination; and each person named, the motion being seconded, should be voted for until a choice is made.
5. The chairman chosen should always be properly conducted to the chair, and he may be introduced to the meeting in a brief speech.
6. On taking the chair, a few words of remark on the part of the chairman is in order, and generally expected.

## THE POWER AND DUTIES OF THE CHAIRMAN.

7. In a public meeting the chairman should be elevated above the assembly.

8. It is improper for a chairman to hold conversation with any person while the floor is occupied by a speaker.

9. No person should accept the office of chairman unless he is prepared to resign all thoughts of promoting any private views of his own.

10. When a motion is presented to the meeting, it should be read by the chairman, and objections called for; there being none, the motion should be put to the meeting, and decided by a majority of votes.

11. Persons wishing to advocate the motion should be allowed to do so.

12. If there be an objection, it must take one of the following shapes: it must be an *amendment*, or *negative*, or to *postpone*, or for the *previous question*, or to *adjourn the meeting*.

13. The right of reply, as it is termed, exists in the mover of an original proposition; but belongs not to the mover of an amendment.

14. The rule of speaking is one speech for each person, on each motion.

15. If a vote be doubted, it will be the duty of the chairman to "divide the house," and decide the question by count.

16. If there be amendments to an original motion, the amendments must be acted upon first.

17. At an adjourned meeting, the chairman should cause the minutes of the last meeting to be read.

18. If it is desirable to get rid of a chairman, it may be done, 1st, by refusing to do any business; or 2nd, by an adjournment of the meeting, *sine die*.

19. No speaker should be interrupted while speaking, unless called to a point of order by the chairman.

20. When a point of order is raised, the person speaking should cease, and await the decision of the chairman.

21. When several persons rise to speak at the same time, the preference should be given to the one whose eye was first caught by the chairman.

# A MANUAL FOR FARMERS AND THEIR WIVES.

## PART XII.

### FOR FARMERS.

1. **APPLES.** Winter apples are better for remaining on the tree till well grown and ripened; it improves their flavor.

2. **BEES.** How to catch the moth or miller. Dr. Waterman says: I took two white dishes, (I think white attracts their attention in the night,) or deep plates, and placed them on the top of the hives, and filled them about half full of sweetened vinegar. The next morning I had about fifty millers caught; the second night I caught fifty more; the third night being cold, I did not get any; the fourth night being very warm, I caught about four hundred, the fifth night I got two hundred.

3. **BEES**—to prevent them from fighting. To stop bees from fighting and robbing one another, break the comb of the robbers so that the honey will run down among them, and they will go to work at home.

4. **BUGS**—to preserve vines from bugs. The best remedy we have tried, is to plant onion seeds with the cucumber—and after the plants are up, to sprinkle ashes on every hill just before a fall of rain, which makes a *ley*, and kills the bugs, &c., almost instantaneously; the smell of the onions when up will keep the flies off. We have adopted this method for a number of years, not only on our vines, but on vegetables such as beets, parsnips, &c. It promotes their growth and loosens the earth around the roots. Ashes sprinkled on young cabbages will also destroy worms and increase their growth.

5. **ANOTHER.** Lay two shingles flat on each hill among the plants; early in the morning, and just before night, visit them and you will find plenty of bugs sticking to the shingles on the other side—clap them together and the slaughter is sudden and immense.

6. **CHEAP PAINT FOR A BARN.** An excellent and cheap paint for rough wood work is made of six pounds of melted

pitch, one pint of linseed oil, and one pound of brick dust or yellow oxide.

7. CORN. Soak your seed corn in saltpetre. It destroys the worm, is not relished by crows or by squirrels, and yields much more abundantly than when it is planted without.

8. ANOTHER. Soak a few quarts of corn in whiskey, and scatter it over the fields for the crows, who, after partaking one such meal, and getting pretty thoroughly corned, will never return to it again.

9. CORN SOAKED FOR SWINE. Soak corn till fermentation is produced, and it will make excellent food for hogs.

10. CALVES—keeping Calves with Sheep. We have often recommended the keeping of calves with sheep, as we have found it an excellent plan, and highly approved of by others who have tried it. In this way there is less trouble; and the calves keep in fine condition upon the coarse part of the fodder which the sheep leave. In such cases, calves are never afflicted with vermin, and if any are on them before, they will soon disappear after the calves are among sheep.

11. CORN. Rule for measuring corn in the ear in a crib: Multiply the length, width, and depth of the bin together, and their product by 4 1-2. Cut off the right hand figure, and the remaining figures will be the number of bushels of shelled corn, and the figure at the right, the decimal of a bushel.

12. COLTS—to prevent them chewing their halter. Take the scab from the wart or issue on the inside of the leg, rub the halter thoroughly with that, and they will not be caught chewing their halter very soon. I have tried pepper, tobacco, &c., but nothing to so good purpose as their own or kindred musk.

13. CATTLE—feeding &c. If all the grain fed out to stock were chopt, a saving of at least 25 per cent. in the quantity consumed might be made. The cattle would thrive better, as the food would be converted into nutriment without making so violent a demand upon the digestive organs.

14. FOWLS—to fatten. Confine your fowls in a large and airy enclosure, and feed them on broken Indian corn, Indian meal, or mullin, with raw potatoes cut into small pieces, and



larger than a filbert, placing within their reach a quantity of charcoal broken into small pieces. Boiled rice is also good.

15. ANOTHER. It is astonishing with what rapidity fowls increase when well fed, kept in confined cribs, and in a darkened room. Fed on a mixture of 4 lbs. of oatmeal, 1 of suet, and half a lb. of sugar, with milk for drink, five or six times a day, in summer; a dorking will add to its weight 2 lbs. in a week, sometimes 1 1-2 in 4 days. A young turkey will lay on 3 lbs a week, under the same treatment.

15. GESE — feeding Geese, &c. An experiment has lately been tried of feeding geese with turnips, cut up fine, and put into a trough with water. The effect was, that six geese, weighing only nine pounds each, after three weeks, feeding with this food alone, weighed fifteen pounds each.

17. GRAFTING — time of Grafting. The most favorable time for grafting, is from the time the buds are bursting till the tree is in full foliage. Scions take well at this season, and being set soon after vegetation commences, they will attain a good growth. But though this may be the most favorable time, yet the work may be attended to for a longer period, as circumstances require. It may be commenced the first of March, and continued till the first of August. When scions are set quite early, as the weather is cold and vegetation dormant, more care is necessary to ensure success. When scions are so late, they of course get a smaller growth and are more liable to get winter-killed.

18. GRAFTING — composition for. Take one part of tallow, two parts of bees' wax, and four parts of rosin. Melt the whole together; turn the mixture into water, and work it in the hands as the shoe-maker does his wax, to incorporate the parts. The warmth of the hand will soon bring it to a proper consistency when wanted for use, and a little grease will prevent its adhering to the fingers. A small piece is broken off, flattened in the hand, and covered over the cleft or wound. If of the thickness of a shilling it will neither melt, crack, nor peel off.

19. HORSES — salting Horses, &c. A good lump should be kept in a box by the side of every animal, without fear that it will ever be taken in excess.

20. HORSES — feeding with Oats, &c. We were lately told.

by the proprietor of an extensive livery stable, that he had experience of several years in feeding the yellow carrots to his horses, and that he considers them the most valuable articles for winter food that he ever used. He considers a peck of carrots and a peck of oats worth more for a horse than half a bushel of oats.

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**21. HORSES — Marks of, &c.**

One white foot, buy him;  
Two white feet, try him;  
Three white feet, deny him;  
Four white feet and a white nose,  
Take off his hide and throw him to the crows.

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**22. HENS — feed with oats, &c.** Hens will, it is said, be sure to furnish an extra quantity of eggs, if you deal to each about a gill of oats per day.

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**23. HENS — how to protect from vermin.** A gentleman from Hanover requests us to state the fact, that pennycroyal wove, in their nests, will perfectly and certainly protect hens from vermin. He generally makes the nest entirely of this strong-scented herb.

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**24. HAWKS — to prevent their depredations.** One or more Guinea hens in a flock of fowls it is said will effectually prevent molestation from hawks.

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**25. INSECTS IN ORCHARDS.** Worms and insects in orchards may be destroyed by allowing swine to run beneath the trees. As fast as the wormy and immature fruit falls, they will eat them, worms and all.

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**26. MANURE FOR MELONS.** The best is pigeon dung, and from the use of this it is said the Persian fruit derives its superiority. Hen dung is probably next in value, and after this guano which is the manure of sea fowls.

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**27. MILK SPREADING.** This may be remedied by pressing the teat full of milk against a stone and rubbing it smartly.

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**28. HOW TO SAVE IN FEEDING HORSES.** Bruise or crush your oats in a mill, or otherwise, as convenient, and your horse will become fatter on half its usual allowance than on double the quantity unprepared. If you cannot bruise the oats: pour hot water on them and let them soak for a few hours

**29. TO RENDER OLD AND BARREN ORCHARDS THRIFTY AND PRODUCTIVE.** Early in the spring plough the entire orchard and enrich with a compost of manure, swamp-muck, lime and ship manure. Scrape off all the old bark with a deck-scraper, or a hoe, ground sharp. Apply half a bushel of slacked lime, and the same of charcoal, round each tree. Apply then soft soap or strong soap suds on the trunks and limbs as high as a man can reach. While the trees are in full bloom, throw over them a good proportion of fine slacked lime.

**30. OINTMENT--for cattle.** Excellent Ointment for cattle can be made by taking equal parts Venice turpentine and hogs' lard well beaten together.

**31. POISON—cure for poison.** It is said that a gill of melted lard poured down the throat of a sheep poisoned by eating laurel, a shrub that retains its foliage in winter, and grows abundantly on the margin of some of our streams, and in mountainous districts, is a certain cure.

Cattle are sometimes poisoned by eating the same shrub—would not the same remedy, in larger portions be equally efficient?

It is also stated that poison on the hands or other parts, occasioned by the running ivy, or poison vine, may be cured by rubbing the part affected a few times with hogs' lard.

**32. SCIONS.** Every fruit-grower should get his scions ready in due season. Wrap them in a moistened mat, or cloth, put them in a close box, and keep them in a cool cellar. We have scions cut last October which we can keep in good condition till next fall. Keep the mat moist. If the scions mould it will do no harm.

**33. SALT FOR STOCK.** When animals are first turned to grass they need more salt than at other seasons; at least we infer this, as they eat it more freely.

**34. SILKWORMS—noise disturbs them.** A friend of ours, who has had much experience in managing silkworms, says that noise disturbs them, especially at the time of moulting. The sound of a hammer, a burst of laughter, or loud talking disturbs them. Their food should be gently laid down by them, not thrown on them. He uses as much caution in entering the rooms as approaching the cradle of a sick infant.

35. **SUGAR**—how to give them an appetite. Give to your sheep pine boughs once or twice a week; they will create appetite, prevent disease, and increase their health.

36. **SEEDS**—how to preserve, &c., for planting. Mix the seeds with clean sand, which should be occasionally slightly moistened, to prevent the seeds from drying, and put in a cool place. The seeds of stone fruit should not become much dried internally. Expose them sufficiently to evaporate the external atmosphere, and pack as above.

37. **SWING**—substitute for ringing. A Mr. Tub, an English breeder of stock, has recommended a mode of dealing with these mischievous animals, which it is said may supersede the necessity of putting rings into their nose. It consists simply of shaving off, with a razor or sharp knife, the gristle on the top of the noses of the young; this place soon heals over, and the pigs are thus rendered incapable of rooting.

38. **SUNFLOWER**. It is said of this unornamental but intrinsic flower, that it is destined to become one of our most valuable agricultural products. One hundred pounds of the seed afford forty pounds of oil. The refuse of the seeds after expression furnishes an excellent food for cattle. From the leaves of the plant cigars are manufactured of singular qualities; the stock affords a superior alkali, and the comb of the seeds is a choice dainty for swine.

39. **TREES**—setting trees. In setting trees, do not place them deep, and let the earth around them remain concave, that it may catch the water.

40. **TREES**—to prevent young trees from becoming hidebound. An excellent mode for preventing young fruit trees from becoming hidebound and mossy, and for promoting their health and growth, is to take a bucket of soft soap, and apply it with a brush or old cloth to the trunks from top to bottom; this cleanses the bark, and destroys the worms, or the eggs of insects, and the soap becoming dissolved by rains, descends to the roots, and causes the tree to grow vigorously.

41. **TREES**—transplanting, &c. The trees to be removed are selected, the situations chosen, and the holes dug, while the ground is yet open, in autumn. Then, just before the ground is frozen, dig a trench at some distance around the tree to be

removed, gradually undermining it, and leaving all the mass of roots embedded in the ball of the earth; the whole ball is then left to freeze pretty thoroughly, (generally till snow covers the ground,) when the ball of earth containing the tree is rolled upon a sled and transplanted to the hole previously prepared, where it is placed in its proper position: and as soon as the weather becomes mild, the earth is filled in around the ball. On return of growth, the trees scarcely show any effects from being removed.

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42. TREES — budding, &c. If stocks are young and very thrifty it will be in season to commence budding the first of August, for if they are set earlier they will be likely to start the present season, and then liable to be winter-killed. In this way some have suffered great loss for want of experience. If trees be rather old and of slow growth they should be budded the latter part of July; but the better way is to put all stocks in a very thrifty condition before budding or grafting.

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43. TREES — to form new bark on old trees. "Scrape the loose bark, and apply a mixture of cow-dung and urine, made into the consistency of paint. Apply the mixture with a paint-brush. This softens the old scaly bark, which peels off the following spring, and is succeeded by fine new, smooth bark."

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44. PLANTING FOREST TREES. The best time for planting acorns, walnuts, as well as peaches, cherries, and other stone fruits, is in the fall of the year as soon as they are ripe. If they are kept long after becoming thoroughly ripe, they are apt to lose their vegetative principle.

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45. TREES — to keep away the Borer. Coalpit dust I think has proved beneficial to my fruit trees, by placing a few shovelful about the roots of each tree; it keeps away the grass, prevents the borer from entering the bark; and, withal, makes an excellent manure.

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46. WHEAT — rust in wheat. This seems to take place when it is nearly ripe, after a heavy shower of rain, succeeded by an intensely warm sun. The straw then bursts, and the sap exudes. This is the cause of rust. Steeping the seed in strong brine twelve hours, and then sifting lime over it, is the best preventive.

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47. WORMS AND GRUBS. A mixture of salt and saltpetre;

(nitre,) in proportion of eight parts of the former to one of the latter, applied about the roots. will, it is said, destroy the worms, and greatly promote the health and thrift of the tree.

## FOR FARMERS' WIVES.

48. **DAIRY SECRET.** Have ready two pans in boiling water; and on the new milk coming to the dairy, take the hot pans out of the water, put the milk into one of them, and cover it with the other. This will occasion great augmentation in the thickness and quality of the cream.

49. **Eggs—preserving eggs.** A Mr. Jayne, of Yorkshire, England, obtaining a patent for the following receipt, for preserving eggs, which we think worthy of trial:

One bushel of quick lime, 32 ounces of salt, 8 ounces of cream of tartar.

Mix the same together with as much water as will reduce the composition to consistency that an egg when put into it will swim. It is said eggs have been kept, in this way, sound, for two years.

50. **ANOTHER.** Put a layer of salt in the bottom of a jar, and stick the eggs, point downwards, into the salt, and so on layer after layer.

51. **CHEESE—to prevent its cracking.** The best method to prevent the cracking of cheese, is to salt them in the milk, or after the cheese is formed, which may be done with much more certainty than in the curd, which is a bad method.

52. **TO PRESERVE APPLES AND PEARS.** Wipe the fruit dry, then take a varnished crock or wide-mouth jar, at the bottom of which is to be a layer of fine and very dry sand; on this place a layer of fruit, and so alternately fruit and sand until the crock or jar is full. Put a thick coat of sand on the top, and place it in a dry place. Apples or pears thus treated will keep good all winter.

53. **CANDLES—how to make.** Prepare your wicks about half the usual size, wet with spirits of turpentine; put them into the sun until dry; then mould or dip your candles.

Candles thus made last longer, and give much clearer light. In fact they are nearly or quite equal to sperm, in clearness of light.

54. **BACON** — how to preserve. Make a lye of wood ashes, and boil it till it is strong. Dip each piece of the meat in it, let it dry, and hang it in a smoke-house; and no insect will injure in, and the taste of the lye will not be perceived, even on the outside.

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55. **HAMS** — how to preserve. Mr. Robert Wilson, of Fairfield, Conn., says he preserves his hams from flies, &c., by packing them in oats. In the fall he mixes his oats with corn and grinds them to make more ham.

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56. **INSECTS** — to destroy insects on hams. Tie up some flour of sulphur in a piece of muslin or fine linen, and with this the leaves of young shoots of plants should be dusted; or it may be thrown on them by means of a common swans' down puff, or even by a dredging-box.

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57. **TO DRIVE ANTS AWAY**. To prevent this little intruder from committing depredations on your dairy, safes, &c., smoke the bottom of your dishes, or other vessels, over a fire of oak chips or limbs; smoke empty vessels, and set your full ones in them. You must repeat the process every day or two, which will probably cause them to change their haunts. A small quantity of green sage, placed in the closet, will cause ants to disappear.

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58. **CASKS** — foul casks made clean. Tainted wooden casks of every description may be rendered perfectly sweet and wholesome by washing them with diluted sulphuric acid [oil of vitriol] and water, and afterwards with lime-water, and then pure water.

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59. **BEEF AND PORK** — a Pickle for. The following receipt is strongly recommended. Six gallons water, 9 lbs. salt, coarse and fine mixed: 3 lbs. sugar; 3 ounces saltpetre; 1 ounce pearlsh; 1 gal. molasses to every 6 gallons water. In making a larger or smaller quantity of pickle, the above proportions are to be observed. Boil and skim the ingredients well.

## MISCELLANEOUS SUBJECTS.

### SURE WAY TO GET RICH.

Punctuality, industry, persevering, indefatigable attention to business is necessary. Persevering diligence is the philosopher's stone, which turns everything to gold. Constant, regular, habitual and systematic application to business must, in time, if properly directed, produce great results. The reason why men of superior judgment and powerful minds oftentimes do not get rich, is an inclination for grasping too many kinds of business at the same time; the mind is therefore divided, and does not excel in forming new and original plans to accomplish the object, but is lost in the multiplicity of plans for the various kinds of business, without bringing any to maturity.

### RULES OF BATHING.

1 Daily bathing is indispensable. First, that the skin may assist the lungs properly, in the great work of purifying the blood, and that our respiration may be easier and better. Secondly, that it may perform properly the work of perspiration. Thirdly, that it may transmit healthful sympathies to the other parts of the system. Fourthly, to prevent diseases of various kinds. Fifthly, to harden the system, and enable it to bear more easily the extremes of heat and cold.

2. The cold bath—either the shower bath, the plunge in the tub, or stream or pond, or the sponge or hand bath—is in general the most invigorating, besides being most accessible.

3. By using suitable precautions, almost any person, however delicate or tender, may learn to use the cold bath, both with safety and advantage, in any of its forms.

4. We should endeavor to bathe when both body and mind are in the highest healthy state of vigor.

5. We should never use the cold bath when the temperature of our bodies is below the standard of health. A few degrees above are far more safe than a single degree below.

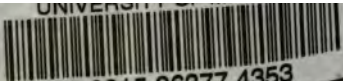
6. We should never remain in the water, or wet with the water, any longer than is just necessary to secure the reaction or glow of warmth.

7. The best hour for cold bathing, in every form, is about half way between breakfast and dinner; but the hour of rising, when more convenient, is by no means inappropriate. For the warm or tepid bath, the hour of retiring for sleep is one of the best.

8. We should seldom, if ever bathe immediately after eating a meal



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